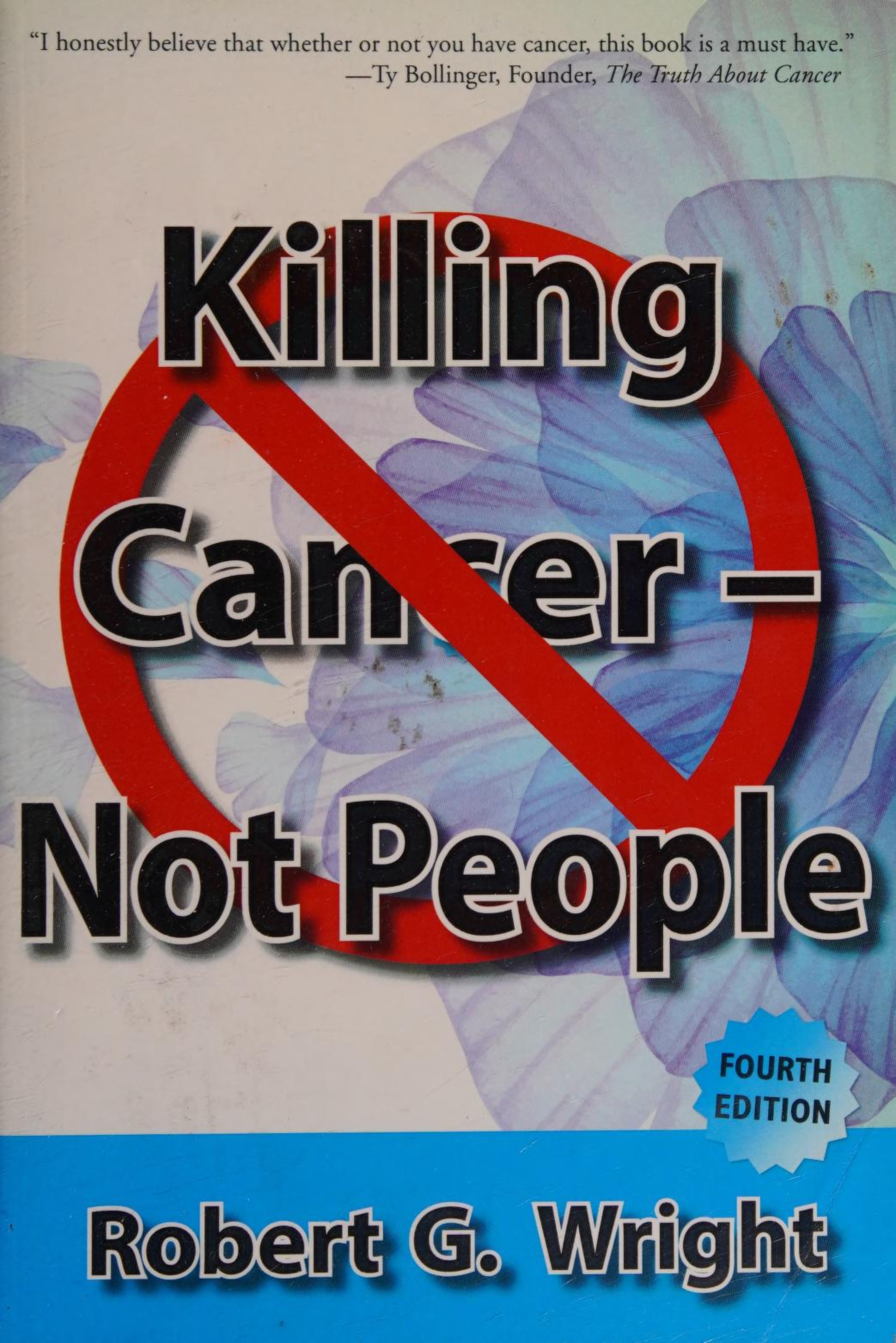
"I honestly believe that whether or not you have cancer, this book is a must have."
—Ty Bollinger, Founder, *The Truth About Cancer*



Killing Cancer – Not People

FOURTH EDITION

Robert G. Wright

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LADY FIT LLC
FOR DEPOSIT ONLY

KILLING CANCER – NOT PEOPLE

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KILLING CANCER – NOT PEOPLE

WHAT I WOULD DO IF I HAD CANCER

ROBERT G. WRIGHT

DIRECTOR & FOUNDER

AMERICAN ANTI-CANCER INSTITUTE

Forewords by Dr. Brian LeCompte,
Bill Henderson, and Chris Young

Fourth Edition

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Please forward your story to the following

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CONTENTS

DISCLAIMER..........15

ACKNOWLEDGEMENTS..........17

FOREWORD..........21

FOREWORD TWO..........23

FOREWORD THREE..........25

INTRODUCTION..........29

CHAPTER ONE CANCER: WHERE WE ARE AND WHY WE'RE HERE..........39

CHAPTER TWO THE BIG THREE: SURGERY, CHEMOTHERAPY, AND RADIATION – JUST THE FACTS, MA'AM..........51

CHAPTER THREE WHAT YOU MUST DO FIRST – WHAT YOU MUST STOP DOING RIGHT NOW..........61

CHAPTER FOUR THE CANCER DIET: OXYGEN RICH AND ALKALINE..........105

CHAPTER FIVE STEP TWO OF THE CANCER DIET: SUPPLEMENTS..........125

CHAPTER SIX STEP THREE OF THE CANCER DIET: RESTRUCTURED, IONIZED WATER COULD SAVE YOUR LIFE..........163

CHAPTER SEVEN STEP FOUR OF THE CANCER DIET: THE WORLD'S BEST SUPPLEMENTATION – PERIOD 181

CHAPTER EIGHT THE TREATMENTS: WHAT I WOULD DO AND WHY 199

CHAPTER NINE PIOH™ – THE ULTIMATE THERAPY.........229

CHAPTER TEN ADDITIONAL THERAPIES, TREATMENTS, PROTOCOLS AND SUPPLEMENTS – EVALUATED 235

CHAPTER ELEVEN SYNTHETIC VISUALIZATION: WHAT YOU BELIEVE CAN HEAL YOU OR KILL YOU 253

CHAPTER TWELVE MEDICAL MARIJUANA – OR HEMP OIL? 265

CHAPTER THIRTEEN WHERE'S THE PROOF? TESTIMONIES FROM THE LIVING; THE EMPIRICAL REVOLUTION 275

CHAPTER FOURTEEN WHAT THE EXPERTS SAY: QUOTES ON CANCER.................................309

CHAPTER FIFTEEN THE FUTURE: CANCER ON THE ROPES.............................343

CHAPTER SIXTEEN IT'S UP TO US...355

EPILOGUE...359

EPILOGUE TWO...365

YOUR ATTENTION PLEASE...371

CANCER QUOTES 373

INDEX...375

IN MEMORIAM

In memory of my parents,
Marilyn Wright Flaherty and Eugene Wright.

Thank you, Mom, for the unconditional love you bestowed upon me no matter how near or far. Thank you, Dad, for teaching us what it means to be brave. It is those gifts of love and courage that have inspired me to do the research and pursue the truth of a better way to heal ourselves of cancer and other diseases. If my efforts serve, even in some small way, to enlighten and heal my fellow man, I say, "that's just peachy."

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WHAT OTHERS ARE SAYING ABOUT "KILLING CANCER – NOT PEOPLE"

"This book is an amazing source of information for anyone researching the definitive relationship that nutrition bears upon our health. The link between alkalinity and cellular oxygen was clearly defined and the frequent question, 'what should I do and what should I stop doing,' was clearly addressed. The author, Bob Wright, explains several potent natural cancer treatments. He talks about the importance of vitamin D and even goes into details about the Navarro Urine Test, which is a great natural and non-invasive method to test for cancer.

"The book is well organized and contains ***TRUTH***, despite the fact that it contains information that is not widely known and could be considered 'outside the box.' Having written a book on cancer treatments myself, I was impressed with Mr. Wright's thoroughness and clarity. I honestly believe that whether or not you have cancer, this book is a must have!"

Ty Bollinger, Author
"Cancer – Step Outside the Box"

"Robert Wright has done it again, surpassing all expectations. The revised 4th Edition of *Killing Cancer – Not People* contains indisputable breakthrough material on the cutting edge of scientific advancement in oncology."

Maureen Howard Long, Owner/Administrator
Holy Grail Cancer Care, Cancun, Mexico

"Thank you, Robert Wright, for including in this courageous book you have written information on how your readers can treat cancer practically and inexpensively using the Brazilian Aloe Arborescens Immune Recipe I publicized in two books. I have seen it cure cancer of all parts of the body for patients on five different continents. My files are filled with letters from users from all over the world testifying of their curing cancer. The therapeutic medicinal properties in this aloe species rebuild the immune system and gently detoxify the body of impurities so the body heals itself through nutrition. It is evidence-based, natural medicine published in official scientific publications."

Father Romano Zago, OFM (Order of Friars Minor),
Brazilian scholar and author of the book, "Cancer Can Be Cured"

"After four months (April-July, 2016) of following the 5-Step AACI Protocols, the tumors were diagnosed as 'gone' – by the same doctor who had diagnosed Kenny with brain cancer – through an MRI scan report dated July 12, 2016. Doctors kept saying it was a miracle. Of 10,000 previous cases, this is the only one where the patient was totally cleared of tumors WITHOUT any medical treatment. We are so happy and grateful to my business partner Chin, AACI South East Asia Ambassadors, John Lim and Jun Leung, and Bob Wright of the AACI/IWARC for this 'miracle' of natural healing and their prayers. Without reading Bob Wright's book, *Killing Cancer – Not People* and support from the AACI/IWARC, my son would have ended up taking chemotherapy. We cannot imagine what would have happened next!"

Dennis Kong, Sibu, Sarawak, Malaysia

"Whether you are trying to prevent cancer or beat it, in this book Robert G. Wright delivers both the testimonial evidence and the factual proof that shows you can win the cancer battle – but you've got to be willing to FIGHT in order to WIN any battle in life! Through the testimonials herein, you'll find some amazing stories of 'miraculous' healing of cancer that were the direct result of unleashing the body's natural healing capabilities.

"You hold in your hands the most powerful book ever written to prevent, treat, heal, and beat this disease. But if you want the body to do what it's naturally designed to do, you must take the initiative to give it what it needs to fight back. I read the book. I took the initiative. I fought back. I won!

Bill Powers, Texas, Stage IV Victor

"I talk to people with cancer every day. At our pharmacy, we strive to inform and educate our clients regarding alternative cancer treatments and supplements. Most people don't know what to do or where to start. I suggest, '*Killing Cancer – Not People,'* as the best place to start. The book is easily understood and gets to the point with the truth about cancer and how to heal it. I consider it my cancer Bible. My copy is tagged so I can go right to a certain topic and read to our clients. I use the book in our Tuesday health lectures and our Wednesday night water lectures. This book is exactly what I needed to help spread the word that there are natural ways to heal cancer."

Barbara Hubbard, Town Center Compounding Pharmacy

"'*Killing Cancer – Not People,'* is a must read for everyone! This book provides insightful information that educates and empowers everyone in the fight against cancer. Bob Wright's vision to present the 'truth' is very detailed. I highly recommend this book to anyone, not just those diagnosed with cancer."

Dave Zuro, World-Wide Reliv Distributor, Crestwood, Illinois

"I am very thankful to Bob Wright and the AACI for the excellent information on how to live a healthy lifestyle to keep cancer away, and to help heal from it if it becomes an unfortunate reality. The book, '*Killing Cancer – Not People,'* was one of the first books I read after my diagnosis and the one I pull off the shelf and look through often to remind myself of the things I can do to remain cancer free for the rest of my life!"

Tanya – Breast Cancer Survivor

"Bob Wright's book gave me so much hope and was very empowering! What a fantastic resource for those of us who have had the 'C' word pronounced over us. It's a road map for alternative treatment that I will share with anyone who is in need. Thank you – what a blessing!"

Karen Ellis, Regional VP, Arbonne International

"Thank you so much for writing this book; the best I have read. I am a Reliv Distributor and we saved our daughter's life from lupus and our whole family has come back from incurable diseases. We are trying to sell as many of your books as we can. Thank you, again, for taking the time to help other people."

V. C., Montgomery, AL

"I can't thank you enough for the book, 'Killing Cancer – Not People.' As someone who lost 4 family members to cancer in 2011, we have changed our lives tremendously. Unfortunately, we discovered your site after we lost our loved ones. I have shared it with so many!"

Elizabeth S.

“This pharmacy is truly a clinical setting with pharmacists available to talk to patients. One of the most important things we do in our practice is triage information for many people. The people we see want to be more proactive in their health care. Therefore, what a wonderful resource this book is for people who are on the journey to take control and responsibility for their cancer. ‘*Killing Cancer – Not People,*’ is the first book we recommend to our patients who are seeking information. The websites are particularly helpful. Eight years ago, we lost our daughter to Hodgkin’s Lymphoma. I know one of the biggest issues for people is what to do, when to do it, and can I trust it. In addition, I realized we were not capable of clear thinking while we were in the process of her cancer treatment. In my opinion, we should all have the right in this country to freedom of choice in our medical care – and not to be laughed at and ridiculed for our choices. I pray God’s Blessing on anyone who makes the courageous choice to take responsibility for their care.”

Ronald E. Partain, RPH, C.C.N, Compounding Pharmacist,
Certified Clinical Nutritionist, Town Center Compounding Pharmacy

“My husband had stage 4 cancer and had chemo and radiation. We found out about your book, ‘*Killing Cancer – Not People,*’ when we were in Mexico and stopped by a Kangen Water booth at an organic market. After we found out he had cancer, we purchased the Kangen Water System and also got a copy of your book. I have used almost every herb and remedy in the book, and he is now cancer-free. The oncologist takes the credit, but I know that it was your book that also helped me get him healthy again.”

Joyce – Husband, Esophageal Cancer Survivor

“Robert, I look forward to reading and recommending more of your books and your site to others and wish you every blessing as you continubook good fight against the lifestyle diseases from which our society is suffering. It is through the tireless efforts of caring folks like you that so many have real hope for recovery. May God Bless your work."

Bill – Daughter Hodgkin's Lymphoma Survivor

"It is indeed my honor to thank you, Robert Wright, for your book *'Killing Cancer – Not People'* that has saved my brother's life from colon cancer and my mother-in-law from breast cancer in 2012 and 2017, respectfully. Thereafter, Almighty God led my wife and I to be AACI Ambassadors in South East Asia. With the unique 5-step natural protocols in this book, Robert Wright coaches and guides us to help many terminally ill patients in Asia to regain their health. Personally, I believe Mr. Wright to be a gift from God to humanity with this book that we recommend everyone to read."

John & Jun – AACI Ambassadors
Caring by Sharing

DISCLAIMER

Please ascribe to the following before reading the contents of this book:

It is a shame that in this day and age we have to apologize for and, essentially, "disavow" what we believe are the truths about cancer and its effective treatments – through disclaimers. The sad fact is that we do – and we must – to placate those that would rather see us in jail than patients who have been healed. With that in mind, please review the following and take it to heart – as much as you can:

I am not a doctor – nor do I play one on T.V. I do not practice medicine, diagnose, treat, or advise sick or diseased patients. Please make no inference through these chapters that I do.

What you will find within the pages of this book is for educational purposes only. There is no intention herein to diagnose, treat or advise you. You should seek these services from qualified and licensed medical professionals and consult with healthcare specialists regarding recommendations in this text.

To the best of my ability, I have utilized experience, real life testimonies, research, proven science, and facts and figures that I deem to be true and accurate in the writing of this book. I assume no responsibility if any of the sources or materials herein are not so.

Any statements referencing "alternative" treatments, therapies, protocols or nutritional supplements have not been evaluated by the FDA nor approved by that agency.

There are over 400 known "alternative" treatments for cancer. This book makes no effort to cover each one but, rather, is a compilation of those deemed most important and effective for cancer sufferers. These are what I would use, based upon experience and empirical evidence, if I were diagnosed with cancer. Again, the FDA has not approved these.

No one who has had input regarding this work, be it author, publisher(s), editors, contributors, websites, cancer patients, anti-cancer clinics, or any others, including representatives of the aforementioned, will be liable for damages of any kind that arise out of or in connection with the contents and use of this book. This comprehensive liability limitation is complete and inclusive with respect to any loss or damages that are direct, indirect, or compensatory, and extends to property and claims of third parties.

Please consult your physician prior to beginning any of the treatments, therapies, supplements or protocols mentioned in this book. Utilization of these, or of any of the data and information in this work, implies acceptance of the entirety of this disclaimer.

ACKNOWLEDGEMENTS

Very few solo human feats, be it the writing of a book or sailing across the ocean, are really accomplished alone. Someone, somewhere, has lent expertise, advice, legwork, emotional support, or hands-on assistance in getting the job done.

This book is no exception. Many hands, ounces of sweat, and a generous portion of tears go into a work such as this, a task that is heartfelt and emotionally charged and, arguably, controversial on several fronts.

No intent is forwarded – nor attempt ever made – within these pages to malign the hard-working American people who are genuinely serving cancer patients through conventional medicine. And many thanks go to those (in anonymity) who have provided their literary expertise, and to others for direction in keeping the message centered, focused, and on course.

To the thousands of board-certified medical doctors who have grasped the realization that the efforts of traditional, allopathic medicine are failing our citizens, I offer my sincere appreciation for your move to "the far side" that is wrongly and sadly misnamed "alternative medicine." Unknown to many, naturopaths, chiropractors, herbalists, biological dentists, massage therapists, and a plethora of other natural practitioners, are lending their significant knowledge and understanding to cancer and other human maladies. Their contribution is noted and valued.

Even though it is known and documented that a well-nourished and robust immune system will almost always heal a sick or diseased body, research continues in the laboratories of the world to produce the magic elixir that is the "cure" for cancer. Sadly, through drugs and synthetic intervention, this cure does not – and will never – exist. No, the ***real*** important advances in research are being done by those who understand that the "secret" lies in what sustains, feeds, and builds up the human frame, and the natural compounds that accomplish this feat. Their work is not recognized by conventional entities and goes unnoticed, unheralded, and, largely, unused. Thank you for your ongoing toil and unappreciated sacrifice that, ultimately, provides man with the answer to cancer.

To the Board, employees, volunteers, and "servants" of the International Wellness & Research Center - American Anti-Cancer Institute, thank you for your continuous labor in bringing the truth about cancer, its prevention and healing protocols, to the forefront of the mistitled "war on cancer."

To my friend Sayer Ji and GreenMedInfo, you simply don't know how many times I have accessed your data base and information. Your diligence in collecting and storing the studies, clinical trials, and writing about the truth of what they actually mean, has benefited countless thousands – me included.

My special thanks to Mike Adams, the legendary "Health Ranger," who, with the dedicated workers at ***NaturalNews.com***, continues to invest himself in the tireless work that, ultimately, results in the truth being revealed. Mike, his staff, and those like them, are the true heroes of "fact finding" and "revelation" as it pertains to health care/sick care in our country (especially cancer), and their unceasing aggression toward what is wrong in America is, indeed, critical and refreshing. Mike is the author of the curious and wonderful fable, ***"Welcome to the Town of Allopath."***

There are many others who have participated in some way to bring this work to cancer sufferers throughout the United States – and the world. You know who you are and my gratitude is deep and sincere. Thank you for your support and acknowledgement of the words herein.

And, lastly, to my wife, Linda, my continued love and appreciation for putting up with me and my "controlled rage" against an establishment that has produced significant pain and suffering in our combined families and those of so many other Americans across this great land. I don't know how you do it.

FOREWORD

Bob Wright is a man of his word and delivers on his promise to tell us precisely what he would do if he had cancer. This book is about truth – Bob's truth and universal truth. "Killing Cancer – Not People" presents us with data, massive amounts of data. We have two minds with which to discern this data, our conscious, left brain mind and our heart mind. The complex of over 40,000 neurons recently discovered in and around the human heart has produced a flurry of research and is now dubbed, the heart mind. The conscious mind may vacillate and waiver and claim that it does not know the truth, but the heart mind knows truth instantly!

I engaged my medical scientific, left brain conscious mind in analyzing the data, scenarios and testimonials in "Killing Cancer – Not People" and registered truth. My heart mind knew it before my conscious mind.

I am a board-certified surgeon. Part of my training was the dogma drilled into my head that "a chance to cut is a chance to cure." But there was always a chink in the surgeon armor and a glimmer in the mind. Which mind? Both. I read "Edgar Cayce on Diet and Health" before I ever went to medical school. Edgar Cayce, lovingly called "the sleeping prophet" by the countless souls he helped, knew and expounded upon acid-reacting and alkaline-reacting foods long before it was fashionable in Alternative Medicine circles. I knew about diet, health and nutrition before I ever went to medical school.

As far as cancer goes, I was taught to "cut it out before the sun sets." Then, 20 years ago, some would say I turned to the dark side. Others would say I saw the light. I had the chance to work side by side with a very prominent

Alternative Medicine physician in Alaska. My wife, being Canadian, had left the snow and ice behind for the warmth of Texas and thought I had lost it. But I followed my heart mind. I learned things light years beyond medical school. I learned how the teeth sat on all the acupuncture meridians and how occult dental infections and root canals can affect organs on that meridian. I learned how to treat chronic disease with nutrition, with ozone therapy, with ultraviolet light irradiation of the blood and so much more. Amazing! Real healing came from within by way of nutrition, alkalinizing the diet and enhancing the subtle energies of the body, mind and spirit, not from drugs, surgery, and toxic radiation.

I never looked back. When the heart mind sees truth, it cannot be ignored. I hung up my scalpel and took up the mantle of the Alternative Medicine physician.

"Killing Cancer – Not People" provides a roadmap to health. Within its pages is the prescription for healing chronic disease. The conventional medicine dogma that cancer is a genetic disease is dead. Dr. Otto Warburg in the 1930's and, now, Professor Thomas Seyfried have elegantly shown that cancer starts as a defect in mitochondrial respiration – the process in the organelles (mitochondria) within our cells that generates energy. The genetic aberrations seen in cancer cells are downstream, secondary effects of the mitochondrial disturbances. "Killing Cancer – Not People" will give you the keys to correcting those mitochondrial derangements.

Folks, when you can correct mitochondrial derangements, you can prevent and reverse most chronic disease! We are finding now that not just cancer, but most chronic diseases such as diabetes, ALS, Parkinsonism and more, have their genesis in besieged mitochondria.

If I had to choose one book that would teach me how to prevent and heal chronic disease, it would be Bob Wright's "Killing Cancer – Not People." When you read it, open not just your conscious, left brain mind, but your heart mind. The truth shall set you free – from disease.

Brian LeCompte, MD

FOREWORD TWO

In my 15 years of helping cancer patients heal themselves, I become more convinced every day that there is only one reason people die of cancer. It is lack of information. With books like the one you hold in your hand, there is now no excuse for that. Here Bob Wright has given you everything you need to know about cancer – what causes it, how to heal it, how to avoid it, how corrupt the medical and pharmaceutical industries are – everything.

I've seen many friends and relatives, including my former wife and my youngest son, die needlessly because of the "sick care" ignorance of well-meaning doctors. There is no more important message to learn and teach your loved ones than "...only you can heal yourself." This book will give you all the ammunition you need to inform them and yourself. They still may not listen, but at least you will have done your best to give them the resources they need.

Bob gives you here a fabulous "User's Manual" for your body. He says he's giving you "the truth" and he's right. I've read dozens of books on healing cancer using natural substances – the why and how. This is the best. I've written and published three such books myself. This is the best. *Bar none.*

Don't miss the vision Bob has for the mission of his American Anti-Cancer Institute, University and Immune Clinic. What a great blessing it will be for cancer patients to have a wonderful resource like that to rely on! I only hope I live long enough to see it born and thriving.

We have to make what we now call "alternative medicine" the primary healing choice for all of us. It is our only hope to recover our health and our nation's economic health. Enjoy this book and apply Bob's guidance. You will be very glad you found it.

Bill Henderson

Author, *Cure Your Cancer, Cancer-Free* and *How To Heal Almost Any Cancer At Home For $5.15 A Day*

Author's note: Sadly, Bill did not live long enough to witness the building and completion of the AACI/IWARC Campus. He did live long enough, however, to help literally thousands of cancer sufferers come to healing. Blessings, and well done, Brother Bill!

FOREWORD THREE

Robert (Bob) Wright should receive every accolade and award known to mankind for his literary health work of art, Killing Cancer – Not People. This is by far the greatest book written today about your health and possibly staying free from cancer! As a cancer survivor myself – and nutrition advocate – it is with great privilege that I am able to write and let people know, in print, what I have told many patients and hundreds of people about this amazing book.

I personally have come from a healthy background as a fitness and nutrition advocate for most of my life and have been hired by companies like Mattel, Xerox, and even Playboy for self-defense seminars, kickboxing, nutrition and fitness. I managed Beverly Hills Workout Gym and was a health and fitness trainer for many years. I did not do drugs, smoke or even drink coffee and took every known supplement and magical herb that I read about to stay healthy and disease-free. You can imagine the shock to my system when I found out I actually had cancer! How does a person like me, supposedly doing everything right health-wise – get cancer?

I have always strived to be a balanced individual in life, intellectually, spiritually, physically and emotionally. I have been an athlete and practitioner of Martial Arts for over 40 years now and still teach fighters MMA. I helped form a 501(c)(3), non-profit organization keeping kids out of gangs and away from drugs – teaching the self-respect and discipline that Martial Arts can give one. I became a therapist over 30 years ago, with a thriving practice to help heal myself, as well as many others with stress, fears, phobias, addictions, etc. I have been honored to be a City Commissioner for two of the cities I have lived in for the last 22 years and try to live a life full of forgiveness, gratitude, and service to others.

So, how does a seemingly balanced individual, staying away from all the bad things in life and taking all the right vitamins and herbs – get cancer? First of all, I believed everything that I saw on TV and drank a ton of sports drinks, since my sports heroes swore by them. I pounded loads of red meat and drank a lot of milk because my bodybuilding magazine monsters told me it would help me stay strong. I believed that bottled water was as pure as the mountain stream it supposedly came from. I used microwaves and ate my advertised healthy, low-fat dinners from packages and believed everything that western medicine told me, like a good little sheep. It wasn't until I got cancer and was literally coerced into radiation for six weeks, five days a week, that I started to do my own due diligence and look for the real truth! I found out about alkalizing and balancing my body pH to help stay disease-free. I started drinking micro-structured, alkalized water that was full of minerals and anti-oxidants (like Bob brilliantly addresses in Chapter 6). I immediately dropped weight, felt healthier, and saw family and friends using this water get their own results with diabetes, arthritis, gout, acid reflux, and ulcerative colitis.

I was blessed to be at one of the healthiest, holistic, detox spas in the world for over 12 years as a therapist on staff, giving health and alkalinity presentations and meditation/visualization classes. I preached to the very health conscious patrons that attended my presentations the brilliance of Bob's book, Killing Cancer – Not People, and they fell in love with it.

When I was recovering from surgery and radiation, I immersed myself in every health book that was not afraid to tell the truth. One day, I stumbled across Killing Cancer – Not People and, as I started to read, it was like I found the Holy Grail of all health books. This was a no-nonsense book of truth about how – in the last 40+ years – we have contributed billions and billions of dollars into research for cancer and how more and more people have cancer today than ever before – and they are dying by the millions. Obviously, something is wrong and something new needs to be addressed – and Bob definitely has the answers to this down to a science. He speaks the truth that conventional medicine warns us that alternative medicine is for quacks – when really most of these "alternatives" are made from plants in nature. Bob will give you countless testimonies of people that have been healed by boosting their immune systems with a natural, healthy-living regimen.

I am truly blessed that Bob has allowed me to put in my two cents worth about his incredible book on health and healing. I implore everyone with cancer – and those of you who never want to get this horrible disease – to pick up Killing Cancer – Not People and learn the healthy way to live a vibrant and, hopefully, cancer-free life!

Thank you, Bob, for all your hard work. You are truly a Godsend.

Chris Young, CHT, City Commissioner

INTRODUCTION

"Darkness cannot drive out darkness – only light can do that."

The Reverend Dr. Martin Luther King, Jr.

There are literally thousands of books about cancer, its causes, treatments and "cures." One can discover, through these volumes, a myriad of opinions regarding the efficacy of conventional and – the misnamed – "alternative" medical practices.

Of course, only traditional, allopathic (mainstream medicine) measures are licensed and deemed practical protocols for this "malady" that takes up to three-quarters of a million Americans from the face of the earth each year. Think about that for a moment. Every minute of every day someone's mother, father, sister, brother, aunt, uncle, grandparent, spouse or child succumbs to this "non-disease" that is largely preventable. Who will be next? Statistics published on the American Cancer Society Website say one in two men and one in three women – over 40% of us – will have a "cancer experience." Very soon that figure will be a full 50%.

Stand next to someone – one of you will get cancer. I know, I know, you think "it won't be me." Unfortunately, the odds may seem even but they are really against you. Besides, who wants 50-50 odds? I want them to be in my favor – and so should you.

You see, the way we live, what we eat and drink, the environment we exist in, the toxins we ingest – either by choice or chance – these, in large part, are the reasons we get cancer. The so-called experts want you to believe that genetics play a major role. They don't! This is simply not the case.

In point of fact, it's estimated that up to 5% of us may carry a gene that pre-disposes us to cancer. And even within this 5%, ***the gene must be expressed (meaning up-regulated or down-regulated)*** to set things in motion. Again, how we live our lives will play a major role in whether or not that "expression" is realized.

Now, epigenetics ***does*** play a role. So, just what is epigenetics? Well, as my friend, Dr. Alfredo Galvez (one of the world's best research geneticists) likes to say, "If genetics is the body's computer – then epigenetics is the software" (paraphrase).

What this means is that the turning "off" and "on" and the up and down-regulation of specific genes is what really matters. Unfortunately, with sickness and disease (especially cancer), the wrong genes are expressed (turned on) and this is what causes the problem. So, modern medicine wants to create drugs that will manipulate our genes – and, it so happens, that experience has shown us that they are really lousy at it.

Friends, if you don't know by now, drugs hose-up everything in your system. Yes, they do minimize symptoms at times – after all, that's all they were created to do. They don't heal ***anything!*** But the price the human body pays for their use is just too high. And, once started, we never seem to get off them – and the resulting "death spiral" has begun.

On January 12th, 2012, *GreenMedInfo.com* reported:

> "In the mainstream media, (and the popular consciousness programmed to consume it), defective genes are spoken about as if they were 'disease time bombs,' fantastically programmed to go off inside of us, thanks to flawed genetic contributions of our ancestors. And, yet, despite common misconceptions, monogenic diseases, or diseases that result from errors in the nucleotide sequence of a single gene are exceedingly rare. In fact, less than 1% of all diseases fall within this category (emphasis mine). In

> a nutshell, what we eat and what we are exposed to in our environment directly affects our DNA and its expression" (emphasis GreenMedInfo.com).

The absolute height of folly, ignorance, and tragedy is the fact that women who carry a defective breast cancer gene – and who have a history of breast cancer in their families – are systematically having both breasts removed as a prophylactic (preventative) measure! And some still get breast cancer in their reconstructed breasts!! ***What in the world is going on in this country when a woman, in good health, will allow a surgeon to "cut off" two perfectly good breasts – an action that will change her life forever – to, supposedly, prevent a "disease" that she may, in fact, never get?***

And, now, it has been reported that men are having healthy prostates surgically excised because they carry a suspected "mutated gene" that may cause them to develop prostate cancer at some future time in their lives. I've got some breaking news for you guys; if you live long enough, you will get prostate cancer but are not likely to die from it. It's pure madness. The recommending physicians should be thrown in jail and the key should be inadvertently misplaced. Yeah, I said it and I'm bad.

Folks, this is the epitome – no – the "definition" of insanity. In no way do I fault these defenseless women (or men) who were talked into this nonsense. They simply did not know the truth. And, the truth is (again) that the gene ***must be expressed*** and, by following the right preventative protocol, the odds are that this will never happen. And, yes, you heard that right.

Ladies, we need to deal with the real causes of cancer. Gentlemen, we must realize and initiate proven preventative measures that will keep each of us, male or female, from becoming a statistic. This process is called personal responsibility.

Fast forward to the highly touted, $3 billion plus, Human Genome Project that President Clinton announced would be "the language that allowed God to create life." Friends, what a disaster and fraud this has been.

The promise was that this program would lead us (the world) to the discovery of all the genetic variations that are the causative factors relating to disease – especially cancer. So, by "sequencing" or "mapping" all of the three billion or so chemical units of the human genome – we'd have the cure. Right? Wrong.

It seems that many of the researchers are spilling the beans here and voicing that this project is really a sell-out and a financial and scientific fraud of epic proportions – designed to forward or encourage "genetic discrimination and eugenics," and they state that any cures resulting from the project are still years away from realization – if they can be realized at all (thanks to M. Thornley, *Natural News* article, August 30, 2010).

Thornley goes on to state that the "critics say the human genome project suffers from a 'genetic determinist paradigm' or a belief that all illness is caused by genes. There is, they argue, no way to connect a gene to a trait – there are too many other environmental and genetic influences. A connection between a particular gene and a condition can only be considered a predisposition, or susceptibility, rather than an isolated, definitive cause."

Folks, when it comes to cancer – and all chronic disease – it's about ***epigenetics*** – not genetics. Let's leave it right there. Enough said. Case closed. So, the next time you hear about the great progress and monumental revelations and discoveries of the human genome folly, pass it off "like the idle wind – which you respect not" (thanks to Shakespeare). Then, diligently seek the truth about cancer and all diseases that, in fact, are healable through the human immune system – one of the ***most powerful forces in life and nature.***

So, you ask, what does all of this mumbo jumbo about truth, cancer, genes, genomes, etc., mean to me? In almost all instances, in the proverbial final analysis, the onus points directly at you. It simply means that ***you*** are responsible – nobody else – for your own health and whether cancer manifests itself in your body.

Sadly, we live in a culture that, in many instances, wants to assign blame and does not want to accept responsibility. But you know, by and large, no one forces us to eat and drink the way we do. No one makes us "not exercise." No, we participate in the cause, which means we can also participate in the cure. And once we endorse this reality, this basic truth, we will be on our way to understanding the concepts that surround the prevention and successful treatments for cancer.

That said, there are no absolute guarantees. However, by understanding the basic tenants and truths about cancer, then applying the real proven treatments and protocols, our chance for survival jumps dramatically and exponentially.

This book is about truth. Cancer truth. It is not a "feel good" monologue to help stricken Americans come to terms with their out-of-whack cellular systems (cancer). No, this is real life. This is about cause and effect – the breakdown of the human organism and its resurrection by natural means. No smoke and mirrors here. No false statistics, no unproven theories or bogus "facts." As Joe Friday used to say on "Dragnet," "Just the facts, ma'am." And that's all that you'll find here.

As you meander your way through the following couple of hundred pages, I ask you to think about truth – the very importance of its existence – and what separates it from the "fiction" that life throws at us daily, especially involving cancer. Consider the following quotations as you dwell on life's truths and, particularly, what you know – and will herein discover – is the "real" truth about cancer, its prevention and healing:

> *"You can bend it and twist it. You can misuse it and abuse it. But even God cannot change the Truth."*
>
> Michael Lew
>
> *"You never find yourself until you face the truth."*
>
> Pearl Bailey

"The truth is incontrovertible. Malice may attack it, ignorance may deride it, but in the end – there it is."

Winston Churchill

"What you perceive, your observations, feelings, interpretations, are all your truth. Your truth is important. Yet it is not The Truth."

Linda Ellinor

"Unthinking respect for authority is the greatest enemy of truth."

Albert Einstein

"Never assume the obvious is true."

William Safire

"The first reaction to truth is hatred."

Tertullian Quotes

"Truth is like the sun. You can shut it out for a time, but it ain't goin' away."

Elvis Presley

"A lie gets half way around the world before the truth has a chance to get its pants on."

Winston Churchill

"If you look for truth, you may find comfort in the end. If you look for comfort, you will not get either comfort or truth – only soft soap and wishful thinking to begin, and in the end, despair."

C.S. Lewis

"The truth, of course, is that a billion falsehoods told a billion times by a billion people – are still false."

Travis Walton

> *"It is error alone which needs the support of government. Truth can stand by itself."*
>
> Thomas Jefferson

> *"We do not err because truth is difficult to see. It is visible at a glance. We err because this is more comfortable."*
>
> Alexander Solzhenitsyn

This work strives to cover ground not addressed by most other cancer literature. If you acquire this deadly *disease* (many don't believe it is a disease under the strict definition), what do you do? This book is about ***exactly*** what I would do if I had cancer – and from that point forward, with a cancer diagnosis – it would be my cancer treatment guide. In all reality, it would be my guide regardless of physical condition or malady. Whether it becomes yours, or not, is entirely up to you.

We are trained to go to the doctor when we believe something is wrong. I am not suggesting for a moment that you don't do precisely that. When I grew up, God was placed at the highest level in our lives – no one and nothing trumped God. And, the family doctor resided just slightly under the Almighty. That's how incredibly much the "Doc" was honored and respected. As a result, we did exactly what he or she said – no wavering, no questions, no debate.

However, being a more educated populace with access to resources far beyond what our ancestors enjoyed, it's long past time to question. Let me clarify that statement. Good doctors, hospitals, nurses and other medical practitioners are vital and necessary. If I get into a car crash and am seriously injured, I want the best surgeon, anesthesiologist and other medical staff that money can buy. These trained and educated professionals are a lifesaving requirement in our society, when needed.

Therein lies the "rub." Allopathic medicine has evolved far beyond its level of expertise. And I know that your next question is "just what the heck does that mean?" It means, simply, that all medical personnel and experts have a role to play and a function to serve. While doctors are trained in disease, diagnostics and drugs (the alliteration of conventionality in medicine), they study very little about nutrition and how the body reacts and responds to nutrients, water, vitamins, minerals and natural supplements. Just ask a doctor – he or she will verify that their course of study included but a few hours (or less) on nutrition! What's a phytonutrient? Where would you find one, what do they do? None of this information is a part of standard medical school curriculum.

There's the problem. We trust our doctors (and pharmaceuticals) to heal us when they really have no ability to do so. Contrary to popular belief (and hope), drugs don't heal people and neither do doctors. Your very own body, in fact, has been endowed by The Creator with an amazing weapon – the human immune system. If functioning properly and treated with adequate nutrition, it has the innate ability to heal virtually *anything* thrown at it, and that includes cancer. And, no, this is not an essay about nutrition – although it plays the most important role in whether or not you survive cancer.

This book is a guide – it is comprised of exactly what I would do if I had cancer. I have studied natural medicine, supplements and protocols, the cancer industry, traditional medicine, statistics, and the science and treatment of cancer for years. By the grace of God, I have been able to discover the ***real truth*** about cancer; it's causes, prevention and treatments. And these are the treatments that have proven, time and time again, over decades of use by real people, to actually ***work.***

Don't be fooled. Chemotherapy, radiation and surgery cannot heal you – although surgery is sometimes absolutely necessary. Sometimes. We will address this further in Chapter 2.

If you contract cancer – if you have it right now – you want only the truth and the facts about how you can heal. That's what this book is about and it explains exactly the course of action I would take if diagnosed with this disease. The protocols herein have proven effective for literally tens of thousands of people – just like you and me – who chose to forgo the cut, burn and poison conventions, or who had already gone through these, only to be sent home to die. The truth is – natural therapies and treatments work – traditional measures usually do not. And, that's a fact, Jack.

Conventional wisdom and conventional medicine may well be furious with the "unmitigated gall" that I must possess to publish such a "blatant falsehood" regarding the treatment of cancer. I am not moved. My motivation lies in the healed bodies of multitudes of cancer sufferers who are walking around and thriving today because they did the ***right thing*** – not the ***usual and customary thing.*** There is no satisfaction and no consolation in the latter when your family hears "we did the best we could." And, the truth be known, most of us are aware, deep down, that the result is usually always the same – the patient "didn't survive."

Truth. Nothing but the truth. No, I won't present to you anything that doesn't have pure facts behind it. There will be no attempt to convince you to try something because, in a clinical trial, only four people died and nobody seemed to get any worse. There will be no forwarding of drugs that killed some cancer cells in lab rats. I won't insult anybody's intelligence by saying that everything that is promoted in this book will cure them.

Rather, as I ask all mainstream research clinicians, institutions, medical doctors and drug companies to show me the plain, unadulterated facts and truth behind their studies and treatments that don't appear to bear fruit or assist cancer sufferers, I will show you the "empirical evidence," the real truth about what works to heal cancer. My Great Hekawi (Ha-cow-ee) Grandmother used to say, "the proof is in the pudding." I believed her then – I believe her now. Test the pudding, folks. Make sure it's edible, palatable, and good.

What you will read in this book is patient-proven and time-tested. A literal library of testimonies shouts out the healing proficiency of the treatments, therapies, and protocols forwarded herein. But you must put it to the test. Do your own homework and investigation. Prove it to yourself. And, after you have done that, get to work on it, cancer or not. I ask you to always keep at the forefront of your thoughts the concept that what heals cancer also prevents it; and what prevents cancer also heals it. When you think about it – it makes perfect sense.

It's now up to you. My suggestion – go for it! That's what I would do.

"The ultimate aim of the human mind, in all its efforts, is to become acquainted with Truth."

Eliza Farnham, American Reformer (1815-1864)

"The truth is out there."

Fox Mulder, *The X-Files*

CHAPTER ONE

CANCER: WHERE WE ARE AND WHY WE'RE HERE

"However, if a doctor tells a patient that cancer can be cured by means of blood and tissue detox, and offers to provide such a cure, they are likely to be prosecuted. It is not 'politically correct' these days for doctors to discuss the real causes of cancer, nor to provide real cures that work, because the profits of powerful pharmaceutical cartels and other branches of the modern medical industry are threatened by the truth regarding the real causes and cures for disease."

Daniel Reid – "*The Tao of Detox*"

My father took his last breath at 4:02 a.m., September 24th, 2008. I know, I was there in the half-light of his apartment bedroom. It was an awful thing to witness. He had suffered for years with chronic kidney failure and lung disease. One cancerous kidney had been removed a dozen years prior and this lurking killer had been moving on to the other one. Continuous dialysis, lung drainage by syringe, and 24 prescription drugs for everything from constipation to high blood pressure and pain had haunted his last several years. Finally, he gave up.

My mother had died years earlier – less than a week after her diagnosis. I held her head in my hands when she took her last breath.

I'm sure that similar stories are shared among many American families today. In one way or another, we all have been touched by the plague of cancer. And it changes you. The number one killer of Dads and Moms, brothers, sisters and children today is the "Big C." I'm here to tell you it shouldn't be so.

Look back for a moment to the turn of the 20th Century. Yes, that "way back" era when the average person ate whole foods spawned from mineral-rich soils, uncontaminated by gallons of inorganic pesticides. A wistful time when a piece of candy or a soda pop was a rare treat – not a multi-daily occurrence. Trans fats were unheard of, hydrogenated oils were yet to come, high-fructose corn syrup was non-existent, there was still iodine in our bread, there were no artificial sweeteners, and the average "Joe" consumed only 5 pounds of sugar yearly instead of the ***170 pounds*** we ingest today. Those "good 'ol days" are long gone.

No, the diet wasn't perfect back then, but it reflected the body's need for plant nutrients (remember vegetables?), fresh fruits, whole grains and nuts, and unadulterated meats and dairy products. No need to tell you that these types of foods are generally absent from the average dietary protocol of today. They have been replaced with burgers, shakes, fries (aren't they a vegetable?), soda pop, artificial sweeteners, margarine, flavor enhancers, preservatives, and processed foods of every form. It has become increasingly evident that the "food" we eat ***is killing us***.

We take showers in highly chlorinated water (chlorine is poison); we drink water with fluoride (fluoride is poison) and chlorine in it; we use deodorants with chemicals and aluminum in them; we smoke cigarettes with over 100 known carcinogens; we stopped exercising; we sit on our proverbial butts watching television, playing video games, talking on cell phones, etc., etc., etc. Tell me, is it any wonder we get sick?

When we are born, our bodies are slightly alkaline and, in most instances, this produces a very healthy inner environment. From that point forward, however, we seem to do everything possible to change the alkaline terrain in our bodies to acidic. Literally, and largely because of what we consume, we start "rotting" from the inside out.

Ever smell a newborn baby? Smells good – alkaline. Ever walk into a nursing home? Smells bad – acid. For those who haven't caught on yet, alkaline is good, acid is bad. Alkaline is healthy, acid is sickness. It's simply a fact. I believe that acidosis is the basic cause of most or all disease known to man. Do you remember the pH (potential of hydrogen) scale back in high school? It's a logarithmic scale from 0 to 14 with 7 being neutral. Everything below that is acid, above is alkaline. Every jump of 1 point (like the seismic Richter Scale) is 10 times the preceding value. An alkaline reading of 8.5 is 10 times more alkaline than one of 7.5. Likewise, a body with a pH of 4.5 (diseased) is 100 times more acidic than one with a pH of 6.5 (10 X 10). Get the picture? Incredibly, the urine pH of many cancer patients is in the 5-6 range. And almost ***all*** cancer patients are acidic!

In his book entitled *The Seven Pillars of Health,* Dr. Don Colbert, M.D., says, "In an alkaline environment your tissues get rid of impurities more efficiently. When cancer patients come into my office to begin nutritional treatment, their bodies are almost always very acidic and toxic. My first task is to get their tissues to alkalinize with alkaline water and alkaline foods."

Regarding how acid and oxygen play into the cancer scenario, Dr. Bruce West condenses it for us in plain English:

> "And while we are at it, you need to know that probably everyone over age 50 has cancer of one sort or another somewhere in their body at any given time. Most will never know it because their body will simply cure it. These are the survivors. And they are the strong people – ones with a strong immune system who – whether they know they have a cancer or not, and with or without drugs, surgery or radiation – maintain a strong immune system, strong spirit, and strong mind to beat cancer.

> "You can be one of these millions of people, once you know that cancer thrives in an acidic, anaerobic (without oxygen), toxic, and immune-weakened environment in your body. Therefore, taking steps to maintain a proper acid/alkaline balance, increase oxygen levels, decrease toxin levels or detoxify the body, and strengthen the immune system are the keys to preventing cancer. And while this sounds daunting, it is not only easy, it can become a way of life – one that will make you feel better, younger, and provide benefits to your health – no matter what problems plague you, including cancer."

Simply put, what we eat, what we drink, what we put on and in our bodies, what we breathe, how we move (exercise) or don't move, either makes us sick or keeps us well. And while there are rare exceptions, this is truth, this is fact, whether or not you agree – and whether you like it or not.

President Richard Nixon declared war on cancer in 1971, authorizing multi-millions of dollars to rid the United States of this scourge. Gee, by my calculations that was almost ***five decades*** ago and yet, today, more people get cancer and suffer immeasurably from non-working, unproven conventional treatments – then die from it – than ever before. What could possibly have happened?

We have now spent literally trillions (with a "t") of dollars for research, drugs and treatments, with absolutely nothing to show for it. There are now more people working in the "cancer industry" than actually have cancer! And, there is no shortage of cancer patients. The saddest and most tragic part of all of this is that we're not only dying of the "disease" now, we're dying from the ***treatments*** (more in Chapter 2).

While I don't subscribe to conspiracy theory nor am I interested in politicizing this fact, the truth is that cancer is about money and power. And remember, this book is about truth – not hearsay, not theory, not baseless conjecture – just the truth. There are many who declare that the American

Cancer Society is the largest and most corrupt non-profit organization on the planet. With a budget in the billions, additional billions of dollars of assets (a non-profit?), and almost three-quarters of a century of existence, tell me, ***where are the cures?*** Wouldn't you think that any entity with those kinds of resources, that was seriously and truly looking for a cure for cancer, would have found one by now?

The fact is – through never-ending conventional methodologies, drugs and research – we are almost exactly where we were 48 years ago. Let's face it; there is no money in a cure for cancer. And, cancer ***cannot*** be cured with drugs, surgery, chemo, radiation, or the new, drug-driven attempts to stimulate the immune system called immunotherapy; not now, not ever, not possible. So where, you might ask, have all those billions (or trillions) of dollars for "the cure" actually gone? They have gone the way of the flowers, "gone to graveyards, every one" – and, to continue that song, "when will they ever learn, when will they ever learn?" Actually, I like to say that all those hard-earned, tax-payer dollars have disappeared into the huge, black, sucking hole that is called ***"cancer research"*** – never to be seen or heard from again. Harsh – but accurate.

And, just so you don't think that Bob is off on a wild tangent at this point, filled with emotion and spouting unproven theories or "fantasy facts," listen to what these well-schooled, infinitely-researched and studied experts have to say on this subject.

First, let's hear from the well-respected (and somewhat irreverent – you've got to love this guy), Dr. William Campbell Douglass, M.D:

> "Here's what October smells like: burning leaves, pumpkin pie, and B.S. That's because it's Breast Cancer Awareness Month, which is practically a national holiday at this point. And if you don't join the 'in' crowd and slap a pink ribbon on whatever you're wearing, you're treated like some kind of cold-blooded, breast-hating monster.
>
> "But those pink ribbons don't exist to cure disease or save lives

> – they represent a Big Pharma-funded effort to drive millions of women through a funnel of screenings for a disease many don't even have, and treatments that most of them don't even need. In fact, the supposed benefits of all those screenings and treatments are about as real as the Great Pumpkin – and the numbers prove it every time.
>
> "Breast Cancer Awareness Month is now 33 years old. In the three plus decades since it was launched by AstraZeneca to help sell the company's cancer drugs, it's been a wild success – for AstraZeneca and anyone else who makes money off cancer screenings and treatments. But when it comes to saving lives and curing disease, it's been a miserable failure. Up to 15 lives are ruined with unnecessary and deforming breast-chopping surgeries and poisonous radiation treatments for every life 'saved.' And even then, there's no guarantee that the one life 'saved' was actually the result of early detection and brutal mainstream treatments – because plenty of them were actually CAUSED by the radioactive and tumor-bursting screenings in the first place."

And listen to this next quotation from world-famous aspartame researcher, Dr. Betty Martini:

> "In the early 90's, my friend Michelle and I walked with these ladies. I had thousands of copies made of a speech I had given at the Capital on the cure for cancer and, of course, aspartame information – original studies showed more mammary tumors than brain tumors. The representatives there were furious and asked us to leave. I told them it was public property and they were out of luck. Michelle said, 'Do you really want to cure breast cancer or are you in it for bigger bonuses and money?' She answered, 'We want the money, we're not interested in the cure, now leave!' I never forgot that."

Finally, from the ever-vigilant, tell-it-like-it-really-is, Health Ranger, Mike Adams, wrap your arms around this:

> "The 'Race for the Cure' is one of the greatest sociomedical cons ever pulled off by the pharmaceutical industry. Here's how it works: First, the drug companies take over the cancer non-profits by donating huge sums of money and getting their own executives on the boards of these organizations. From there, all decisions by the cancer non-profits are made to protect the interests of drug companies. Today, virtually all cancer non-profits are actually Big Pharma front groups that push cancer treatment, but never prevention (because actually preventing cancer would harm the profits of drug companies).
>
> "Next, these cancer front groups pull off a double-whammy con job by first convincing people that money is the only obstacle to finding a 'cure' for cancer. Then they convince people to actually hand over money for the right to run around in circles so they can feel like they're helping to find this so-called cure.
>
> "Cancer, you see, is big, big business. And keeping that money flowing requires a global propaganda campaign that holds out a carrot of hope in order to keep all the 'sheeple' running in circles, emptying their pockets of cash for the benefit of the drug companies. The scale of this scam is astounding."

Astounding, indeed. Friends, you just can't make this stuff up. Money and power, much to our dismay and chagrin, are the drivers behind this powerful and corrupt cancer industry.

Those of you in North Carolina may have seen the Morehead City *News Times* article on January 10th, 2010, that revealed the following startling revelation:

> "Vernon Hill, a successful 'Relay for Life' volunteer leader who had raised nearly nine hundred thousand dollars ($900,000) for

> the American Cancer Society, resigned after his Internet research found that high ranking officers of the ACS were making as much as a million dollars a year with benefits, like a company car and lucrative pensions. He also found that a very small percentage of the money goes to actual research.
>
> "The same network of cancer causers and cancer profiteers has ruled the war on cancer for 40 years. For the most part, their only successes have been in fattening their pockets and in creating a system that prevents research and treatments which could make a difference. The sooner the public wakes up to the truth about the failed war on cancer and the organizations which have become a part of the problem instead of the solution, the sooner we will be able to realize true cancer prevention and lasting cures."

Ladies and gentlemen, there is no money in the things that actually enable the human body to heal itself, whether it be food, natural supplements, therapeutic, non-invasive therapies and treatments or baking soda. Those who have dared to challenge the status quo of treatments and research have been ridiculed, tarred and feathered and run out of town on a rail, sent to prison, financially ruined – and WORSE: Harry Hoxsey, Royal Raymond Rife, Jason Vale – to name just a few – and every doctor, clinic, or researcher who has been chased to Mexico by the FDA and the FTC for "healing" cancer patients through "unapproved" devices, foods, natural supplements, et al. How dare they buck the system! They've got their nerve!

I appreciate and admire those who raise money for cancer research. For the most part, they do it for all the right reasons. They have suffered or have a family member or friend who has. Their motives are pure and they deserve great credit for trying desperately to fund a "cure." Unfortunately, the majority cannot tell you where the money they raise or donate ends up. When asked, most will answer "cancer research." Somehow, that "stock" reply seems sufficient for them. If this is you – or if this were me – I would want to know (nay, ***demand*** to know) that my hard-earned dollars – or dollars raised through great effort – were really making a difference. Sadly, most are not. Next time – question! Discover the truth. Raise money for, or give your dollars to, an organization that is doing the right thing for cancer patients. Please, for the expedited arrival of the "real" cure, *just do it* (thank you Nike).

One of the smartest guys I know, my friend, Sayer Ji, founder of *GreenMedInfo.com* (who gave an earlier quote), gives this great explanation that pretty much wraps up the description of cancer in a few paragraphs:

> "In cancer, the individual cell breaks its sacred bond with the whole community of cells, i.e., the rest of the body, and proliferates wildly, selfishly on its own; cloning itself tirelessly in a sort of narcissism which runs against the cellular diversity and cooperative interdependence necessary for there to be ONE, whole functioning healthy being on the macroscopic level.
>
> "This selfish behavior is to be expected of a cell that has been starved of basic essential nutrients, exposed to a continuous onslaught of synthetic chemicals and manmade electromagnetic fields, given semi-synthetic 'nutrients' and 'vitamins' which no longer share resemblance with anything found in food, and enveloped in an electromagnetically-mediated cocoon of negative emotions, throughout the duration of its life cycle.
>
> "The ability to survive the constant onslaught of life-denying chemicals and energies has resulted in the down-regulation of genes associated with apoptosis (programmed cell death), and the up-regulation of those associated with the tireless metabolic activity and proliferation of cancer. This has led to the cellular equivalent of the desire for immortality, which is highly unsustainable, and like a virus too deadly to escape the fate of its host, eventually brings down itself in the process, as well."

Well said, Sayer. Smart, indeed.

So, this is where we are – and this is how we got here (the short version). Personally and individually, most of us are doing the wrong things by eating the wrong foods, living lives largely devoid of real nutrition, adequate hydration and exercise and, instead, filling our swelling bodies with poisons, toxins, proton-pump inhibitors and sugar – then wondering why we have acid reflux and cancer (and all other diseases). And, when all is said and done, we seem to be O.K. with that. We spend 40, 50, 60 years becoming acid and obese with the never-ending hope and belief that our doctor (revered just slightly below God) will produce the magic pill that will take off the pounds and heal us.

Sadly, in real life, it doesn't work that way. Once again, the truth is that conventional medical science and practice have no answers for you – especially with cancer. Nor will they – ever – at their current rate of producing "cures." Sure, they can diagnose and utilize allopathic measures for symptoms. Yes, they can call your sickness "chronic" and, virtually, treat you to death (and, if you let them, they will). But they cannot heal you. Only your body itself can do that. However, you must do the right things and undertake the proper plan to make that happen.

Dr. Jimmy Steger, one of America's great Naturopathic Doctors and Clinical Nutritionists, with a thriving practice (actually, he doesn't practice – he knows what he's doing) in Mobile, Alabama, tells us exactly "where we are – and why we're here" through his summation of *The American Death Ceremony*. Sit back – you're going to enjoy this:

> "The American Death Ceremony started as a ritual back in the days of witchcraft. The last few years it has been developed into a science. It usually takes from fifteen to twenty years. However, modern scientific advancements are shortening this period of time.
>
> "It starts with one simple pain-relieving aspirin for a simple headache or backache. When one aspirin will no longer mask the pain, then you decide to take two. After a few months, when two aspirin will no longer mask the pain in the head or back, you take

a stronger compound. By this time it becomes necessary to take something for the ulcers in your stomach that have been caused by the aspirin. Now we have two medicines in our body, and you have a great start.

"After a few months, these medications are starting to disrupt your liver function. If a good infection develops, you now take some penicillin. Of course, penicillin will damage your red blood corpuscles and spleen so that you develop anemia. Another medication is then taken to cover up the anemia. By the time all of these medications put such a strain on your kidneys – they should break down.

"It's now time to introduce some antibiotics into the system. When these destroy your natural resistance to disease, you can expect a general flair-up of all your symptoms. The next important step is to cover up all of these symptoms with some good sulfur-based drugs. When the kidneys finally plug up you can have them drained. Some poison will build up in your system, but you can keep going quite a while this way.

"By now the medications in your body will be so confused they won't know what they are supposed to be doing, but it really doesn't matter. If you have followed every step as directed by your family physician, you can now make an appointment with your undertaker.

"This game is played by practically all Americans in this country, except for the few ignorant souls who follow nature's way.

"Drugs only mask the symptoms allowing the body, at best, time to heal itself. We must give our body the tools that are necessary to rebuild and regenerate healthy cells. These are minerals such as copper, calcium, magnesium, iodine, manganese, zinc, potassium, cobalt, sodium, selenium, and chromium. Without these elemental minerals in the body, you will not make it to see sixty

> or seventy years of age. These minerals, taken on a daily basis through our diets and through additional supplementation, will allow our bodies to rebuild their own internal bio-magnetic energy form. We are then capable of pulling out of our food source those additional minerals our bodies deem necessary for proper health."

Many will not want to believe this but, in most cases, without this natural, non-chemical plan, you are lost. Your body ***will*** heal itself only if you treat it right and give it what it needs (and really craves). While there are many different "alternative" anti-cancer, healing protocols that have proven effective, this book will show you what I would do if I was told I had cancer. For many, this plan and similar natural therapies have made the difference between healing – or not.

Read, study, and digest this information. After that – it's up to you.

CHAPTER TWO

THE BIG THREE: SURGERY, CHEMOTHERAPY, AND RADIATION – JUST THE FACTS, MA'AM

> ***"Another disturbing fact about chemotherapy is that the majority of specialists who prescribe such drugs would refuse to take them if they or their families had cancer themselves. According to one study published in the 'Journal of Clinical Oncology' in 1987, 81% of cancer specialists would not consent to a drug trial due to the ineffectiveness of chemotherapy and its unacceptable degree of toxicity."***
>
> Zohan Rona, M.D. – *The Failure of Chemotherapy*

SLASH, POISON, BURN. The Big Three. You probably know them better as surgery, chemotherapy and radiation. What you probably don't know is that they have no possibility of healing your cancer. Let me repeat that. They have ***absolutely no*** possibility of healing your cancer. They actually ***cause and spread*** cancer.

Traditional oncology has a fascination with tumors. The logic appears to be that "if we get that thing out of there the cancer will go away." And, I've got some cheap oceanfront property for sale in eastern Nebraska.

Let me say (no, shout) to you right here and now what all "alternative medicine" practitioners, researchers and educators know for a fact – and please remember this: ***a tumor is only a symptom of a deeper problem; it is the body's method of encapsulating the invader, the cancer. If you take it out, the cancer is still there.*** But day after day, week after week, year after year, surgery is performed in every hospital in America to "remove the tumor" – that symptom of a cellular malfunction that has been growing and expanding in your body for more than five or ten years. And, in most instances, the cancer (tumor) comes back with a vengeance because "the big three" don't deal with the actual cause of the problem. And, once that has happened, once it is "back" (it actually never left), it is now more difficult than ever to kill – even through "alternative" (natural) methodologies.

If you have a cancerous tumor (or tumors) and you are still upright and mobile, without much pain, and are able to carry on your daily routine, you simply do not have enough cancer to kill you. Did you get that? So, if you could stop the tumor(s) from growing at that moment, couldn't you virtually continue your normal life and live with it? Of course, you wouldn't want to do that – but you actually could.

Modern medicine, with all its wonderful new diagnostic equipment, surgical techniques and drugs, would have you believe that the tumor is the cancer and if you don't get it out right now you are done. Not true on both counts. The tumor is a symptom and you almost always have time. If you don't believe this last sentence – here's what generally happens: first, you are frightened into believing that surgery and chemical/radiological treatments are your only chance and you must start right now and, second, you are scheduled for surgery, cut open and cut up, told "we got it all" (they never get it all), then set up for chemo and radiation. Your demise has begun.

You are told nothing of natural therapies and, in many instances, threatened if you even consider them. Please understand, however, that if your Doctor knew of any "non-traditional," natural cancer treatments, he could lose his medical license should he tell you about, or recommend, any of these treatments – the treatments that could actually save your life. If you follow this allopathic regimen and begin the poison/burn protocol – your chances of survival are immediately and significantly diminished. Your immune system, already stressed by surgery, will suffer major damage (or destruction) through these radical introductions at a time when you actually need it to be as strong as possible.

Poison, radiation and surgery cannot heal you. I know, I know. How can this "pillar" of the American Community (the much beloved Doctor) possibly be wrong? How can he/she be promoting something that won't help me (or, in fact, will hurt me)? Good questions – both.

Well, here are the facts – and here is the truth. When it comes to cancer, your traditional doctor/oncologist will fail you and almost all cancer sufferers miserably. And statistics prove it. Despite what you may have heard from the American Cancer Society and its minions, only 3% (or less) of those undergoing conventional treatments (chemo) survive for five years. Fact – not fiction. These stats were published in the December 2004 issue of *Clinical Oncology* by Morgan, Ward, and Barton and they present these results: "***The overall contribution of curative and adjuvant cytotoxic chemotherapy to 5-year survival in adults was estimated to be 2.3% in Australia and 2.1% in the USA.***" I spoke with Dr. Graeme Morgan, the leader of this study, two years ago via email. He is retired and living in Australia. I asked him about the study, its veracity, and if it was still true today, some 13-14 years after the results were published. His response was very telling:

> "My paper is still very relevant as the newer and more expensive agents are not the cure for cancer as they only impact on small subgroups of patients such as node positive cancers or cancer in pre-menopausal women or cancers which have certain biochemical pathways identified on biopsy. I am a retired Radiation Oncologist and was around when chemo was introduced and strongly promoted (by the drug companies) as the cure for cancer.

> As one of my colleagues has always stated – 'Chemo is the most-costly way NOT to cure cancer.' So, as per my article, overall chemo only has a benefit in a small minority of patients, and that was so in 2004 and still true today."

And, speaking of statistics, remember what Mark Twain once said (especially as it relates to the cancer industry):

> "Facts are stubborn things, but statistics are more pliable."

German biostatistician and epidemiologist, Ulrich Abel, contacted over 350 medical centers around the world in the 1980's requesting them to furnish him with anything they had published on the subject of cancer. By the time he finished his report in 1990, he was said to know more about chemotherapy than anyone. His report described chemo as a "scientific wasteland" and that neither physician nor patient were willing to give up even though there was no scientific evidence that it worked. *Geeeeeeez.*

And think about this for a moment. If a patient dies during a chemo study, he is eliminated from the statistics because he did not complete the study! Those darn quitters, anyway.

This is truth, backed by scientific, epidemiological studies and documentation that are not subject to question or debate. And while I'm sure that it is not what America wants to hear or what allopathic medicine wants published – it's true, nonetheless.

Want more proof? Ph.D. Ralph Moss, who is a former Director of Information for Sloan Kettering Cancer Research Center (boy, there's another story), says that "chemotherapy is basically ineffective in the vast majority of cases in which it is given." Dr. Moss continues by adding that "conventional cancer therapy is so toxic and dehumanizing that I fear it far more than I fear death from cancer. We know that conventional therapy doesn't work – if it did, you would not fear cancer any more than you fear pneumonia. It is the utter lack of certainty as to the outcome of conventional treatment that virtually screams for more freedom of choice in the area of cancer therapy. Yet, most alternative therapies, regardless of potential or proven benefit, are outlawed, which forces patients to submit to the failures that we know don't work, because there's no other choice."

Dr. Julian Whitaker, M.D., purports that "I wouldn't have chemotherapy and radiation because I'm not interested in therapies that cripple the immune system and, in my opinion, virtually ensure failure for the majority of cancer patients."

Dr. Gary Null, Ph.D., speaks of a listener to his radio show in the following excerpt:

> "I have a doctor who called me last year. He listens to the show and personally he lives a healthy life. And he was angry. And he didn't know what to do. He wanted to know whether or not he could expose the situation without getting himself involved. He said, 'I'm giving cancer patients over here at this major cancer clinic drugs that are killing them, and I can't stop it because they said the protocol's what's important.' And I say, 'But the patient's not doing well.' They say, 'The protocol's what's important, not the patient.' And he said, 'You can't believe what goes on in the name of medicine and science in this country.'"

Dr. Tullio Simoncini – or as many of us know him – the "cancer is a fungus/sodium bicarbonate physician," is having great success with simple baking soda in killing cancer cells. Dr. Simoncini lays it on the line regarding chemotherapy in this missive:

> "Chemotherapy, in fact, destroys everything. It is a given fact that it dramatically exhausts the cells of the marrow and of the blood, thus allowing a greater spreading of the infection. It irreversibly intoxicates the liver, thus preventing it from building new elements of defense, and it mercilessly knocks out nerve cells, thus weakening the organism's reactive capabilities and delivering it to the invaders. This is mainly because it is not clear how it affects the colonies and, because by strongly debilitating the organism,

> such intervention makes the invasion of the mycetes (fungus) faster and more ferocious."

Author of *Thousand Plants Against Cancer Without Chemotherapy,* Dr. Giuseppe Nacci, M.D., gets to the bottom of chemo statistics:

> "Very often, the simple truth is absolutely not believed; you can recover from cancer but not from chemotherapy. Out of fifty people suffering from cancer who decide to undergo chemotherapy, only one will still be alive after only five years from the first chemotherapy cycle."

Dr. Sam Epstein goes on record by declaring that "chemotherapy and radiation can increase the risk of developing a second cancer by up to ***100 times***" (emphasis mine). According to Dr. Martin Shapiro of UCLA, "Cancer researchers, medical journals, and the popular media all have contributed to a situation in which many people with common malignancies are being treated with drugs not known to be effective." Dr. Albert Braverman wrote in the *Lancet* that "many medical oncologists recommend chemotherapy for virtually any tumor, with a hopefulness undiscouraged by almost invariable failure."

And, Dr. Tim O'Shea minces no words when he emphatically states this:

> "Cytotoxic is the word that describes chemotherapeutic drugs. It means 'cell-killing.' Chemotherapy kills all the cells of the body, not just the cancer cells. The risk is that chemo will kill the patient before it kills the cancer – which usually happens. Therefore, the only question that should be asked when deciding whether or not to begin chemo is this: will this drug prolong the patient's natural lifespan? Is it likely to? The unadorned data says no."

Believe it or not, most Americans today believe that chemotherapy is safe and that it, along with radiation, are the only proven treatments for cancer. Mike Adams, the Health Ranger, states that "chemotherapy is a fraud, plain and simple. Chemotherapy causes vomiting, hair loss, muscle loss, brain damage, heart damage, kidney damage, and liver damage. Much of this damage is permanent."

Somebody, please stop me. In reality, the quotes – representing the real ***"facts"*** regarding chemotherapy – could fill several large books. In the final analysis, chemotherapy cannot kill the cancer stem cells (mother cells). They will hibernate or migrate – popping up somewhere else at a later date and starting the recolonization over again.

And, how about that radiation therapy? Professor John Cairns, from the Harvard University School of Public Health, said in 1985, "The majority of cancers cannot be cured by radiation because the dose of X-rays required to kill all the cancer cells would also kill the patient."

Dr. Robert R. Jones, said in 1980, "Many radiation complications do not occur for several years after treatment, giving the therapist and the patient a false sense of security for a year or two following therapy…the bone marrow, in which blood cells are made, is largely obliterated in the field of irradiation…This is an irreversible effect."

Dr. Lucien Israel, consultant to the NCI, reported in 1978 that "people who undergo radiation therapy are more likely to have their cancer metastasize to other sites." Other studies have supported this view. He also stated that "the radioactivity intended to kill cancer cells can, instead, trigger mutations that create new cancer cells of other types." (Radiation quotes from the www.starthealthylife.com site).

From *Empty Harvest*, by Dr. Bernard Jenson and Mark Anderson, comes this:

> "British physician Alice Steward has spent much of her life investigating the connection between low-level radiation and higher cancer risks. Most doctors have stopped using fetal x-rays since Stewart's work showed that a significant increase in leukemia was found in the children of mothers who had prenatal x-rays taken. She has said she believes that the effects of background

> radiation coupled with exposure to x-rays may cause most childhood cancer."

Cause and effect. Radiation causing cancer, radiation spreading cancer, radiation killing patients – the entire package accompanied by the whole nine yards.

Timothy Brantley's, *The Cure: Heal Your Body, Save Your Life,* causes us pause with this assessment:

> "If this process was safe and effective for someone who was in remission, then why didn't they give radiation to everyone, just to make sure cancer never attacked them? Why didn't the doctors, their wives, and their children take radiation as a preventative measure? I pictured a radiation drive-thru like a fast-food window. They literally fried my mother's chest with what I would later discover was an enormous amount of radiation therapy. When I saw the radiation burns on my mother's chest, I wondered if no treatment at all would have been a better bet."

And, the answer to that last query is a definite "yes."

Here's something I'll bet you didn't know about the world's "gold standard" of cancer treatment (chemotherapy): A recent study has shown that bromelain, the simple enzyme from pineapples, has proven to be many times more effective against cancer than the toxic chemo drug 5-FU (some call it 5 feet under); while another study showed that Graviola (from a tree in South America) was *10,000 times* more potent against cancer than Adriamyacin, a popular chemotherapeutic agent. Both of the aforementioned drugs have drastic side-effects; the natural substances – not so much!

You know, I could go on and on. I could recite statistics and list quotes about the lack of effectiveness of all three of these mainstream treatments. I think you get the point. The purpose of this book is not to fill you to overflowing with evidence of the failure of conventional medicine (although it would be easy to do). If you want more of this, buy a copy of Ty Bollinger's *Cancer – Step Outside the Box*. Ty gives a more in-depth study of chemo, surgery and radiation therapy and has loads of quotation documentation. His book is an excellent source for cancer data and conspiracy. Actually, you don't have to look very long or very hard to find scores of white papers, journal reviews, and books about the true and utter failure of conventional medicine when it comes to cancer treatments and therapies.

I believe that it is important to note, at this point, that conventional oncological medicine should really be the medical sector of treatment branded as "alternative." There is no evidence that these treatments either heal or help – and plenty of evidence and documentation that they will actually hurt you – or worse. What happened to "first, do no harm?" The real "conventional medicine" should be the non-lethal, immune system building, natural supplement, non-toxic therapies and protocols that have stood the test of time and have allowed the human body to heal itself. Although not proven by FDA supported "clinical trials" – that are only allowed for Pharmaceutical Companies and prove nothing – these protocols have produced volumes of well-documented, empirical evidence (through hundreds of thousands of healed bodies) that is overwhelming, statistically impressive, and undeniable. Jerry McGuire and the local hospital may say, "Show me the money." Those who know the real facts and statistics about cancer will "show you the truth."

This chapter was meant to be brief. You need to know ***what to do*** about your cancer – or that of a loved one. So, let's proceed and I will tell you what I would do if I had cancer. But before we move on – let me say this unequivocally: I would ***never*** undergo chemotherapy or radiation treatments because they do not heal, they are devastating to the body, and they actually cause cancer. And, under most circumstances – with cancer, I would not undergo surgery unless it was absolutely and imminently necessary to save my life. Period. You must, however, make your own decisions regarding these traditional cancer interventions. But, base them on fact, personal investigation and truth – not the will or forcefulness of a conventionally trained doctor or oncologist. It's your life – not his – take charge of it.

Educate yourself concerning the "real truth" about cancer. Actually, strive to know more than your cancer doctor. It's not that difficult since most know only "The Big Three." You'll be forever grateful that you undertook this task – and so will your family – for years to come.

Let's leave this chapter with this – more of that, seemingly, ever-evasive truth. The following is from Dr. James Howenstine, MD., in the July 14th, 2011, *NewsWithViews.com:*

> "For many years it has been known to well informed individuals within the medical community that chemotherapy and radiation were quite toxic and essentially worthless in the management of malignancies. This information is carefully covered up by our controlled media so that these two methods of therapy are regarded by lay persons as the proven therapy for malignancies. Like lemmings going over a cliff, the general public lines up for these therapies and nearly all treated persons proceed to die."

This, from a ***medical doctor***. Stay tuned – there's more.

CHAPTER THREE

WHAT YOU MUST DO FIRST – WHAT YOU MUST STOP DOING RIGHT NOW

"Tragically, that means we're not just dumping toxic fluoride into our drinking water. We're also exposing innocent, unsuspecting people to deadly elements of lead, arsenic, and radium, all of them carcinogenic. Because of the cumulative properties of toxins, the detrimental effects on human health are catastrophic."

Dr. Hardy Limeback, Ph.D., Biochemistry, D.D.S., Department of Preventative Dentistry, University of Toronto

DAVE'S STORY

Some time ago, I stopped in to see my friend Dave who had recently been diagnosed with colon cancer. Several months earlier he had passed some blood in his stool and was concerned enough to see his doctor and schedule a colonoscopy. The subsequent test report showed a rather large tumor in his descending colon and a CT scan revealed four half-dollar sized faint images on his liver. In layman's terms, the cancer had spread (metastasized).

After all the tests were complete, he finally got to see the oncologist. I asked him what the doctor told him. Dave's response – "He told me I was gonna die." He went on to say that the doc gave him "up to" eighteen months if he hit the chemo hard and only about six months, or less, if he did nothing. In other words, he gave him nothing to hope for – save a few extra months of a "low quality" existence if he chose conventional treatments.

I believe that if you want to expedite the demise of cancer patients – tell them that they have no hope. And if they buy into that prognosis, they will expire rapidly. If they don't – and fight – they actually have a chance. We will address this issue further in Chapter Eleven.

After much consultation, Dave initially chose to start on a natural, non-surgical, non-chemical, non-radiological protocol involving an alkaline diet and water, detoxification, and supplementation designed to oxygenate and alkalinize his cells. He was on the right track. Within four to six weeks he appeared to be doing better and his "Navarro Urine Test" (see "Cancer Testing" later in this chapter) had gone down a point – revealing cancer remission. About two weeks later – it happened. He was rushed to the hospital with excruciating pain under his right rib cage (liver).

Upon examination, it was determined that he was severely dehydrated and nurses began to hang bag after bag of saline solution to, literally, "bring him back." You see, Dave hadn't been drinking anything during the previous week, save a sip on a sugar-laden soda pop occasionally. He also wasn't following his detoxing protocol. His body was killing cancer cells but had no way to proficiently eliminate the subsequent debris through the normal process. His major detoxification organ, the liver, was involved in his disease – as is the case with virtually all cancer patients – and not functioning properly. His unwillingness to ingest sufficient fluids compounded his problem.

Dave survived this incident but then, with the help of his doctor, decided that this "natural" protocol was too hard and chemotherapy would be much easier, more effective, would be done *for* him (easy), he could eat whatever he wanted (easy, with "comfort foods"), and he was essentially "oncologist convinced" that he would have a better quality of life for whatever time he had left. Excuse me – but what a crock.

You probably have guessed what happened from that point forward. Round after round of chemo ensued. I asked Dave when he would be finished and he replied, "Never." He went downhill rapidly. I visited him several times during the next few months and he looked worse each time. Eventually, he could no longer get out of his chair, he was thin and pale, very confused, and had trouble communicating. A couple of weeks later, the call came from his son: his Dad had passed. I was deeply saddened – my friend was gone. He had entrusted his *life* to those who literally had no chance to heal him – and no stake in his survival. And, no, he didn't even come close to the promised 18 months.

Unfortunately, this tragedy is repeated many times every day in this country and throughout the world. A cancer patient dies ***every minute*** in America – and most have undergone our "gold standard" of conventional treatments. And more and more it has become evident that the cancer didn't kill them – the treatment did.

Well, you ask, what does this have to do with "what you must do first and what you must stop doing right now?" Obviously, I can't and won't tell you not to see your doctor. Nor will I ever get between a patient and his or her oncologist. And, even though I know that they are ineffective against cancer, are severely debilitating, and can cause your death – I won't tell you to forgo surgery, chemo or radiation treatments. What I can tell you is that I would never subject myself to these proven killers (see Chapter Two). Yes, you may survive – and some do. But long term, most do not. And if they do survive initially, the cancer comes back again and again, stronger and more virulent each time – until the end. It's just not worth it. The fact is that you will survive just as long if you do absolutely nothing. Legitimate studies have proven this. And you will have a better quality of life – no question.

So, what you ***must do first***, at the very beginning of this process, is to seriously question traditional treatments and find out the truth about what they are, what they do, and what the real chances of survival are using these methods. What you ***must stop*** doing immediately is closing your eyes and ears to the many proven "alternative" treatments, therapies, protocols and supplements that, most often, make the difference between life and death for a cancer patient.

As the late, great Paul Harvey used to say, "And now – the rest of the story." Let's get to the "must stops" and "must starts" as these need to begin right away if you are to be successful. Please keep in mind that I would pursue the following advice whether I had cancer or not. Remember, what prevents – heals; and what heals – prevents.

SUGAR AND CANCER

Whenever I had visited my friend Dave (after his doctor graduated him to the conventional protocol) he was sucking on a soda pop. I would ask, "Dave, what are you doing?" He would reply that the Doc said it was O.K. and that he was cleared to eat and drink anything he wanted. Well-worn advice from the medical professional who probably didn't even have one hour in med school about the fundamentals of nutrition. My answer to that was "Well, sure, if you want to feed the cancer and keep it going and growing!"

NO! STOP THE SUGAR RIGHT NOW!! Do not pass "Go," do not collect $200. Stop right now. Put down that can of pop – I don't care if it's regular or diet. Both are essentially cancer in a can. It's proven that cancer feeds on sugar. It proliferates anaerobically in the cells and produces lactic acid as a by-product, which then goes to the liver, is changed back to sugar, then sent back to the cells to feed more cancer. Get the picture? While there is more to it, this is what you need to know. Stop eating anything with sugar or high fructose corn syrup – even honey (sorry) – except in the food supplement known as aloe arborescens (we'll get to that later). Friends, there is a reason that we call sugar "the white death." It literally affects every process in your body. It is responsible for clogging your arteries and heart disease, not cholesterol. It damages your epigenetic systems in almost every conceivable way!

Please understand the facts surrounding this ***very serious*** matter regarding cancer and sugar – your life may well depend on it. ***Sugar, in virtually any form, effectively (and very quickly) suppresses or disables the human immune system for up to four hours!*** Let's say that another way for a little different perspective. The amount of sugar in a 12-ounce can of soda pop will put your body's only line of defense – the immune system, the single thing in the entire world that can heal your cancer – on its lips for up to four hours. Got it now? If you are a cancer patient, you simply cannot afford it.

And, think about this for a moment: If that single "sugar-laced" serving can put the proverbial kibosh on your body's critical cancer-fighting mechanism for up to one-sixth of an entire day, carefully consider the consequences of a daily lifestyle of this standard American diet (yes, the acronym is S.A.D.). It's simply no wonder we're dying of cancer at the rate we are.

And, it gets worse! At Princeton University, a research team led by Professor Bart Hoebel of the Department of Psychology and the Princeton Neuroscience Institute, discovered that "sugar stimulates receptors to activate the same pathways that are stimulated directly by drugs such as heroin and morphine."

Yes, folks, sugar is addictive – and, there's your proof. Some researchers are now saying that sugar is more addictive and more dangerous than alcohol, tobacco, and cocaine. Suffice it to say that sugar will wreck your life – in so many ways.

Eat no sugar period; no artificial sugar or sweeteners – they *cause* cancer. Only consume stevia or Lo Han (Luo Han Guo – a natural Chinese plant product) if you need a sugar substitute and get these at your local health food store or co-op in their natural, organic form – not as a mixture or concoction at the grocery store. Or consider another product, "Just Like

Sugar" (combination of natural chicory, calcium, vitamin C, and orange zest) available at Whole Foods. And, while natural, raw honey is a nutritious food for healthy people, I do not recommend it for cancer patients.

DAIRY PRODUCTS AND MEAT

If I had cancer, I would eat little meat and consume no dairy products except organic cottage cheese as part of the Budwig protocol (Chapter Four). Read the best book ever written on the link between diet and cancer (and all disease) by T. Colin Campbell, *The China Study,* and you will know why. Dairy products take a long time to digest and are very acid forming (remember you need to be alkaline). Get your calcium from fruits, vegetables, nuts and seeds, not dairy.

David Gutierrez, a staff writer for *NaturalNews.com*, has some insightful and factual information for you about milk. Please listen closely to the following:

> "'From Winston Churchill's wartime order to keep the milk flowing, which was formalized under the 1946 School Milk Act…the idea that it is natural, healthy and an essential part of a good diet has been unchallenged,' writes Andrew Marszal in The Telegraph.
>
> "That consensus is wavering. Recently, junior health minister Anne Milton suggested that the national program to provide free milk for children under five should be abolished. And research continues to emerge that milk is neither an essential nor healthy part of the human diet. As Marszal notes, milk contains no nutrient that cannot be found in a balanced, dairy-free diet. Although milk is high in calcium, most of this nutrient cannot actually be absorbed by the human body, making green leafy vegetables a much more effective source. Cow milk, designed for calves, also contains more fat and protein than the human body needs – which is unsurprising considering that while it takes a human

> infant 180 days to double its birth weight, it takes a newborn cow only 47 days.
>
> "Much of the concern over milk comes from the hormones and antibiotics inserted into it by modern factory farming. In the book Alternative Cures, author Bill Gottlieb quotes cancer specialist Elizabeth Ann Lowenthal as saying, 'All dairy products, even those such as fat-free milk, contain potential tumor-promoting growth hormones that are fed to cows to improve their milk production.'"

O.K. I'm done with milk – and you should be, too. Actually, I have not had a glass of milk in decades. I know that Americans don't want this to be true – this idea that milk is really not good for us. We love our milk and all the products derived from it. From sour cream to cheddar cheese, whipping cream to ice cream, and yogurt to milkshakes – we just don't ever want to give them up. Now that you know the real truth about milk, what will you do? If I were you, I would get my calcium from those "green, leafy vegetables" – not dairy. And consider drinking almond milk or coconut milk. You can even make your own. Once again, it's up to you.

Meat products also take a substantial amount of time to move through the digestive system (pork doesn't even leave the *stomach* for about four and a half hours). Many meats contain toxins as a result of what the animals have been fed and/or what they may have been injected with to super-size them and, in dairy cows, increase the volume of milk produced. Meat digestion requires a lot of energy, producing oxidation and free radicals. A partial result of meat digestion (or lack thereof) is purines – rotten and toxic leftovers – which produce more free radicals (read acid, not good for you). Think about this before scarfing down your next steak. Also, consider that fruits and vegetables transit the entire body within about 18 hours, normally. Meats could take 72 hours or longer and some of it could end up as undigested plaque lining the interior walls of your colon – essentially blocking the absorption of nutrients. While this is not a good scenario for anyone, cancer patients simply cannot afford it.

If you have cancer and absolutely cannot get by without meat (I realize that some won't give it up no matter what), I would suggest small amounts of fresh, coldwater salmon, tuna, halibut, or mackerel – or small portions of free-range/organic chicken or turkey. If it must be beef, ask the butcher where it came from. In other words, buy grass-fed beef with no hormones or antibiotics. Learn how to eat it – chewing well – and take pancreatic or proteolytic (protein) enzymes.

STOP EATING THESE

On the "not approved" list are all packaged foods, trans fats, hydrogenated oils (only extra virgin olive oil, coconut oil, and organic nut oils are allowed), black pepper (very acidic) except a little with turmeric is okay, table salt, junk food (did I even have to mention it?), peanuts, cashews, corn (fungus, aflatoxins), coffee (a little organic made with 9.5 pH water is alright), refined foods, products with yeast (including breads), eat only a few eggs from organically fed chickens (unless pregnant – you, not the chicken – then eat more), alcohol, soy foods (unless fermented or in Reliv™ products), white rice, white potatoes, fruits (except fresh lemons, limes or avocados or, perhaps, a few blueberries, blackberries, strawberries or raspberries in the Budwig Protocol) – these are no-no's if you have cancer and you must stop eating them now. There will be more on the proper cancer diet in the next chapter. Also, do no cooking with aluminum or chemically coated pots and pans – use glass, ceramic, cast iron, or specially made stainless steel or titanium cookware instead.

Keep in mind that all commercially produced breads and baked goods contain bromine – a halide. This, along with chlorine and fluoride, sit on the iodine receptors in your thyroid and inhibit the uptake of this vital nutrient. Also, think about this. A slice of ordinary white bread will probably spike your blood sugar more and faster than a Snickers Bar.

TAP WATER, FLUORIDE, CHLORINE

I would never drink regular tap water unless it was an emergency. The story about municipal water systems and the poisons that inhabit them would require an entire book to explain and document. The evidence of tap water toxicity is overwhelming and readily available for your perusal on the Internet. Go see for yourself. The cancer risk among those drinking chlorinated water is 93% higher than those who do not (see quote below).

Most tap water also contains fluoride. Fluoride is a by-product of the aluminum industry, is a deadly poison, and is added to our water systems because of a decade's-old, "fabricated" report stating that it was good for the developing teeth of children. Totally false. Research it yourself – you'll find the truth. No, fluoride is poison – make no mistake. Listen to the following from Gary Null, Ph.D., in his report entitled *The Fluoridation Fiasco – Poison in Your Water*, from the website of Jeff Rense at www.rense.com/health/fluoride1.htm:

> "For decades, we have been told a lie, a lie that has led to the deaths of hundreds of thousands of Americans and the weakening of the immune systems of tens of millions more. This lie is called fluoridation. A process we were led to believe was a safe and effective method of protecting teeth from decay is, in fact, a fraud. In recent years it's been shown that fluoridation is neither essential for good health nor protective of teeth. What it does is poison the body. We should all, at this point, be asking how and why public health policy and the American media continue to live with and perpetuate this scientific sham."

Click on that web address above and read the whole story. For additional data on this very controversial subject and the revelation of the truth about fluoride, also see the following sites:

www.holisticmed.com/fluoride

www.just-think-it.com/no-f.htm

This deadly toxin is also added to most toothpaste in the form of sodium monofluorophosphate, or just plain sodium fluoride. Read the back of the tube. It instructs you to contact a doctor or "poison control center" if a "pea-sized amount" is swallowed. Friends, why would you use this – cancer or not? And why would you let your children use it? Find a toothpaste that has no fluoride. I use several different natural, no fluoride brands and sometimes use non-aluminumized baking soda (Bob's Red Mill). Or try Tooth Soap®, made with organic, extra-virgin olive oil, coconut oil, distilled water, and pure essential oils. Yes, it's a little more expensive than your ordinary, poisonous toothpaste at $29.95 for a 6-8 week supply – but well worth it. Find this product at www.toothsoap.com.

Christopher Bryson has written what I consider to be one of the most revealing exposes on fluoride and its history in America that has ever been done. In *The Fluoride Deception*, he pulls no punches, offers no apologies, and presents just the facts, supported by reams and reams of documentation. My interpretation of his work is that fluoride is so incredibly dangerous to the human body and its longevity that it should be banned from any human contact.

The research supporting his claims is overwhelming and entirely indisputable. And, yet – and, still – fluoride is being added to the toothpaste that our children (and most adults) ingest twice a day and to most of the water that comes out of taps in America's households. Tell me, how is this possible?

You must listen to a few paragraphs of what Chris documents regarding this deadly poison:

> "Next time you confront yourself in the bathroom mirror, mouth full of foam, take another look at the toothpaste tube. Most of us associate fluoride with the humdrum issue of better teeth and the promised fewer visits to the dentist. Yet the story of how fluoride was added to our toothpaste and drinking water is an

extraordinary, almost fantastic tale. The plot includes some of the most spectacular events in human affairs – the explosion of the Hiroshima atomic bomb, for example. Many of the principal characters are larger than life, such as the 'father of public relations,' Edward L. Bernays, Sigmund Freud's nephew, who was, until now, more famous for his scheme to persuade women to smoke cigarettes. And the twists and turns of the fluoride story are propelled by nothing less than the often-grim requirements of accumulating power in the industrial era – the same raw power that is at the beating heart of the American Century.

"Fluoride lies at the elemental core of some of the greatest fortunes that the world has ever seen, the almost unimaginable wealth of the Mellons of Pittsburgh and the DuPonts of Delaware. And no wonder the warning on the toothpaste tube is so dramatic. The same potent chemical that is used to enrich uranium for nuclear weapons, to prepare Sarin nerve gas, and to wrestle molten steel and aluminum from the earth's ore is what we give to our children first thing in the morning and last thing at night, flavored with peppermint, strawberry, or bubble gum.

"Fluoride is so muscular a chemical that it has become a lifeblood of modern industry, pumped hotly each day through innumerable factories, refineries, and mills. Fluoride is used to produce high-octane gasoline; to smelt such key metals as aluminum, steel, and beryllium; to enrich uranium; to make computer circuit boards, pesticides, ski wax, refrigerant gases, teflon, carpets, water-proof clothing, etched glass, bricks and ceramics, and numerous drugs, such as Prozac and Cipro.

"Fluoride's use in dentistry is a sideshow by comparison. But its use in dentistry helps industry, too. How does it work? Call it elemental public relations. Fluoride is so potent a chemical that it's also a grave environmental hazard and a potential workplace poison. So, the industry-sponsored scientists, who first promoted

> fluoride's use in dentistry, linking the chemical to better teeth and stoutly insisting that, in low doses, it had no other health effect, helped to change fluoride's image from poison to panacea, deflecting attention from the injury that factory fluoride pollution has long wreaked on workers, citizens, and nature."

I know – you had no idea. Not many of us do when it comes to poisons like fluoride because we staunchly believe that our government would not deceive us by burying the truth under layers of lies. Fortunately, when you remove those top layers – those very thick layers that are hard to lift and want to slap right back down on top of you, those enormous layers that are steeped in deception and fraud – you uncover, to your wonderment, the inner layer of truth that both puzzles and surprises you because it is fresh, smells good, and looks right. Pursue that "inner layer" whether its concerning fluoride or some other idea or substance that stinks to high Heaven.

In Mr. Bryson's pursuit of the truth, he discovered how this industrial poison (fluoride) really and truly afflicts the common man and woman (you and me), and gives a prime example in the next paragraph:

> "Thousands of men and women are stalked by fluoride in the modern workplace yet blinkered to its toxic potential, according to Mullenix. In 1998, she met former aluminum workers from Washington State whose health had been ruined by fluoride. 'These men are between thirty and fifty years old and have replaced knees and shoulders; they have leukemias, thyroid problems, and soft tissue diseases. I've never seen such a bunch of young, pathetic people with such health problems. I just don't see the outrage. They are just putting them out as old men, and bringing in younger men, over and over again,' she said."

Are you beginning to get the picture here? Continuous fluoride contact and consumption equates to sickness, disease, and death. It then just remains a question of how fast the reaper arrives.

Simply put, I would not drink chlorinated, fluoridated tap water ***ever*** – and neither should you. At this time in history, when other mechanisms are available to treat our water effectively, safely, and more economically (ozone, hydrogen peroxide, sodium chlorite, and others), it's truly amazing that our government chooses poisonous substances instead. It's about money, folks. Please chew on and digest this next statement that comes to us from the following great website, www.healthynewage.com/chlorine-cancer.htm:

> "We don't use chlorine because it's the safest or even the most effective means of disinfection; we use it because it's the cheapest. In spite of all our technological advances, we essentially still pour bleach in our water before we drink it. The long-term effects of chlorinated drinking water have just recently been recognized. According to the U.S. Council of Environmental Quality, 'Cancer risk among people drinking chlorinated water is 93% higher than among those whose water does not contain chlorine.'"

Along these same lines – and regarding something that we just don't think about – is that most of us like to take hot showers, especially in the winter. Unfortunately, we fail to realize that the toxic chlorine is absorbed through our skin (our largest organ) and, even more importantly, into our lungs. When the steam from the hot water is inhaled, it goes directly to the lungs which have abundant blood vessels. The chlorine in the steam is immediately absorbed into the blood stream and spread throughout the body. The result? You have just poisoned yourself – and most people innocently poison themselves in this fashion every day. The solution is a $30-$50 filtered showerhead that will eliminate the chlorine. These are available at most hardware or Big Box Stores. Whether I had cancer or not, I would get and install one of these.

ASPARTAME/NUTRASWEET™

If I were to sit down with you for an hour or so and tell you the story of aspartame, a.k.a. Nutrasweet™, when we were finished you would be sitting there with an astonished look on your face and your mouth hanging open. Then you would probably call me a liar because what I had just told you – you would surmise – couldn't possibly be true. Unfortunately, regarding this subject, you would be wrong.

The history of this artificial sweetener is pockmarked with lies and deceit and its mere existence today (and survival) has been accomplished through political chicanery and studies that have been built upon a "foundation of sand." Almost all clinical studies and research on this product reveal, with a rather spectacular certainty, that it causes cancer. In addition, these same studies and other research show that aspartame can increase obesity and is the probable cause of the metabolic syndrome that affects 48 million Americans.

Dr. Russell Blaylock, author of *Excitotoxins: The Taste That Kills*, says it accurately, succinctly, and clearly:

> "There is no reason to ever consume this product."

And yet – there it is – in almost every "artificially sweetened" product (we can't call them foods) that we consume. From diet sodas to cereals, jams and jellies to candy and iced tea, juice blends to yogurts, everywhere we look, everywhere we go – it's there – smacking us in the face with its sweetness and promise of no calories. We should be so lucky just to get a punch in the mouth. Instead, what we really receive from this poison that masquerades as a "healthy alternative to sugar," is cancer, obesity, disease, and death.

When aspartame enters the human body, it breaks down into fumaric acid (the sting of the fire ant), DKP (think brain cancer), and formaldehyde. See, we are already being embalmed ***before*** we're dead! Most people know that these things are not good for them. I hope that you do now, too. At about 85-86 degrees, aspartame begins to become unstable and separates into the above identified poisons, uh, excuse me, components. Think for a moment about all that diet pop sitting in the desert during the Gulf War. There are many that relate "Gulf War Syndrome" to this "hot" diet pop.

Dr. Blaylock continues with this:

> "The new study released in the European Journal of Oncology by Morando Soffritti and co-workers should terrify mothers and all those consuming aspartame-sweetened products. This was a carefully done study which clearly demonstrated a statistically significant increase in several types of lymphomas and leukemias in rats. Both of these malignancies have increased significantly in this country since the widespread use of aspartame."

Geez Louise!

Aspartame is an "excitoneurotoxin" – meaning that it stimulates or excites neural cells ***to death***.

Want more? Sure you do.

My friend, Dr. Betty Martini, is the founder of the worldwide volunteer force, Mission Possible World Health International, which is committed to removing aspartame from our food supply (and, hopefully, from the face of the earth). She has an honorary Doctor of Humanities degree for the work she has done. With 24 years of experience in the medical field, Dr. Martini is uniquely qualified to research and write about aspartame.

Betty is known throughout the world for her work involving aspartame and its deadly effects – especially regarding our children. She's been a featured guest on over 500 talk shows and she appears constantly in magazines and print media. The 1,038 page *Aspartame Disease, An Ignored Epidemic*, by Dr. H.J. Roberts, is dedicated to Dr. Martini. She's made two tours of the United Kingdom, addressed the European Union and, in 2007, made an invited 3-week tour of New Zealand. Betty has made a huge difference, as witnessed by the folding of Europe's largest aspartame producer in 2006, and in forty-seven members of Parliament having signed a bill to ban it from England.

Now that you know Betty, listen closely to what she has to say about aspartame:

> "Understand that aspartame starts poisoning when you put it in your mouth. The aspartame industry tries to tell you that aspartate and phenylalanine are some of the building blocks of protein. Dr. Madelon Price, who worked side by side with Dr. John Olney – who tried to prevent approval of aspartame – once explained this very well. She said, the difference is that in food they are bound into complex proteins and linked to complex carbohydrates that take many hours to gradually break down and be slowly absorbed in appropriate quantities into the body by mechanisms destined to do just that. The trouble with aspartame is that, in the acidic warm environment of the stomach, it is broken down very quickly and overwhelms the protective mechanisms that keep aspartate, phenylalanine, and methanol from being taken up by the blood stream too quickly or that dispose of toxic by-products.
>
> "Aspartame, of course, is not an additive but an addictive, excitoneurotoxic, genetically engineered, carcinogenic drug and adjuvant that damages the mitochondria or powerhouse of the cell – and interacts with drugs and vaccines."

The literature and documentation proving the detrimental and carcinogenic effects of aspartame would literally fill your hard drive. In the final analysis, know, beyond any doubt or argument, that this stuff is bad for you. If you want to court Alzheimer's, Lupus, MS, or brain cancer, drink lots of diet soda and have no regard for sugar substitutes – including, and especially, aspartame. If not, avoid it like death itself.

Thanks, Betty. Please keep up the great work.

Soon, if not already, Dr. Martini will be battling *Neotame*, another poison being brought to us by the same folks who gave us aspartame. According to Barbara Peterson (on the www.farmwars.info website), Neotame is a new and improved version of the neurotoxin, aspartame. Barbara gives us some more detail in the following:

> "Neotame has similar structure to aspartame – except that, from

> its structure, it appears to be even more toxic than aspartame. This potential increase in toxicity will make up for the fact that less will be used in diet drinks. Like aspartame, some of the concerns include gradual neurotoxic and immunotoxic damage from the combination of the formaldehyde metabolite (which is toxic at extremely low doses) and the excitotoxic amino acid.
>
> "But surely, this product would be labeled! NOT SO!!! For this little gem, no labeling is required. And it is even included in USDA Certified Organic food. The food labeling requirements for aspartame have now been dropped for Neotame, and no one is clear why this was allowed to happen. Neotame has been ruled acceptable and does not need to be included on the list of ingredients for USDA Certified Organic food items or Certified Kosher products with the official letter "k" inside the circle on labels."

Can you believe it? This, folks, is your FDA at work. Regarding the last quote, there seems to be a dispute going on regarding whether the USDA is actually allowing Neotame in Certified Organic food. Some say yes, some no. Others say it is being done secretly. I simply do not know at this point. But the answer is simple. I eat organic anyway because it is the best choice.

A final note on this subject. Aspartame is more than 200 times sweeter than sugar and Neotame is up to 13,000 times sweeter than table sugar (sucrose). The patents on both of these have expired and several companies are producing them. Neotame (E961 in Europe) and Aspartame are now marketed as "natural sweeteners." Caveat Emptor (let the buyer beware).

MAMMOGRAMS – SCREENING TESTS – WOMEN'S ISSUES

While I cannot and would not tell women to stop having traditional mammograms, if I were a woman, ***I would never have one***. Why? Simply because they are inherently unreliable and, more importantly, they ***cause*** cancer. Conventional, breast-squishing mammography utilizes ionizing radiation to create an image. And we've already talked about radiation. According to Dr. John W. Goffman, professor emeritus of Cell Biology at the University of California – Berkeley, from his 1995 book, *Preventing Breast Cancer,* page 303, "Our current estimate is that about three-quarters of the current annual incidence of breast cancer in the U.S. is being caused by earlier ionizing radiation, primarily from medical sources. An estimated 75% of recent and current breast cancer cases would not have occurred as they did, in the absence of earlier medical irradiation." I hate to say it but – it's about money, folks.

The website AlternativeMedicine.com states the following:

"As Alternative Medicine has maintained for years, mammograms do far more harm than good. Their ionizing radiation mutates cells, and the mechanical pressure can spread cells that are already malignant (as can biopsies)."

"For years, breast cancer awareness campaigns have urged women over 40 to get a yearly mammogram. When women hesitate to comply, it's often to avoid the discomfort of having their breasts squeezed or the fear of getting called back for more tests, even if it turns out there's no cancer," states Christie Aschwanden in the August 17th edition of the *Los Angeles Times.*

"But screening poses another downside: A routine mammogram can find cancers that would never have become life-threatening, subjecting women to painful and toxic treatments they never actually needed," she continues. And many believe that a majority of these so-called "discovered cancers" were not – and are not – cancers at all (read Ductal Carcinoma In Situ - DCIS).

Here's the clincher from Ms. Aschwanden: "Autopsy studies have found undetected breast cancer in about 37% of women who died of some other cause. And a study of 42,238 Norwegian women published in November

(2008) calculated that 22% of symptom-free cancers found on a screening mammogram naturally regressed on their own. The problem is that, even under a microscope, it's impossible to distinguish these different types of cancer from one another, and mammograms are ***better at catching the less dangerous kinds"*** (emphasis mine).

Ladies, the documented proof is that mammograms and biopsies cause and spread cancer. Do not entertain (I would not) having another – go instead directly to Digital Infrared Imaging (Thermography). The conventional procedures for screening, i.e., mammography, CT, ultrasound, PET scans, and MRI, only have the ability to detect a tumor once it has reached a certain size – and that is usually ***years*** after it began to form. On the other hand, thermography, which has been utilized and FDA approved since 1982, can detect growths or "malignant cell colonies" up to 10 years in advance of conventional methods (from the *Healing Cancer Naturally* Website). Thermography has the ability to detect the "heat" from tumor or cell capillaries and their secretions and is much more accurate than standard tests. The additional upside? They are a painless, non-contact, and non-invasive testing procedure.

Find a thermographer near you and utilize this technology henceforth. Three of the best at this that I know of are Linda Hayes, CCT, Dr. Greg Melvin, and Dr. Ben Johnson. They have locations in La Mesa, Encinitas, and San Diego, CA, and have a mobile service that is readily available for appointments. Listen to this message from Linda:

> "What I want to share with you now may surprise you or it may make you angry – but you'll thank God for what I have to tell you, because it may very well save your life and the lives of your loved ones.
>
> "The reality is ALL women face the threat of breast cancer. Current statistics show that one in eight American women will be diagnosed with the disease in her lifetime. For over thirty years we have been told that an annual mammography examination is the

> key to long-term survival from breast cancer. Yet, after thirty years there has been no significant improvement in mortality."

Women of America – and the World – please listen to Linda.

And, while we're at it, I would stay away from CT (computed tomography) scans unless absolutely critical (rare). This test is also known as a CAT scan (computerized axial tomography) and literally fills your body with radiation. It was estimated that in 2007 over 62 million CT scans were done – over 4 million on children. And just what did these produce? Over 29,000 new cases of cancer (15,000 fatal) and a whole lot of dollars for the medical industry, according to a study led by Amy Berrington Gonzalez of the National Cancer Institute and published in the *Archives of Internal Medicine.* Again, it's about the money, folks. I have reviewed many sources and the cost of a CT scan can run as low as about $700 or as high as $6,500. The average seems to be somewhere between $2,000-$3,000. Here's what you really need to know. According to Dr. Rebecca Smith-Bindman, as quoted by Richard Knox in his December 15, 2009 article entitled "Radiation From CT Scans May Raise Cancer Risk", from the www.npr.org website; "A single CT scan delivers about the same radiation dose that survivors of the atomic blasts at Nagasaki and Hiroshima endured."

My Dad underwent one atomic bomb after another before he died. If at all possible, stay away from these things. I would. Opt for thermography (first), MRI's or ultrasound, if you can. But beware of the contrast agents used with CT's and MRI's. Gadolinium is used with MRI's and can affect kidneys that are already struggling.

Ladies – young and old, please pay especially close attention to this next subject. Another dose of reality hits home when discussing the wearing of bras and this activity's inherent relationship to breast cancer. As always – in this writing – it's time to know the truth instead of what is convenient or politically (or socially) correct. What you are about to hear may cause you great pause – and it should. And to those who have no knowledge of the following, you must ask yourself why you have not been told.

Researchers, Sydney Singer and his wife Soma Grismaijer, did a massive and comprehensive study involving whether bra wearing was, in any way, connected to cancer. What they discovered was startling. Their findings clearly demonstrated that the odds of getting breast cancer dramatically increased with bra-wearing exceeding twelve hours per day. And here's the basic statistical breakdown:

- Women who wore their bras 24 hours per day (really?) had a 3 out of 4 chance of developing breast cancer.
- Women who wore bras more than 12 hours per day – but not to bed – had a 1 out of 7 risk.
- Women who wore their bras less than 12 hours per day had a 1 out of 152 risk (are you getting this?).
- Women who wore bras rarely or never, had a 1 out of 168 chance of developing breast cancer.

The overall correlation between 24-hour bra wearing and not wearing one at all was calculated to be a 125-fold difference! So, what's the deal, you ask?

Dr. Ralph L. Reed, Ph.D., says it this way – and he's *spot on*:

> "Lymphatic circulation in many tissues (especially the primary lymphatics) is highly dependent on MOVEMENT. When you sit for a long time on an airplane flight, your feet and ankles can swell because lymphatic circulation goes to near zero. Wearing a bra, especially a constricting one with underwires, and especially to bed, prevents normal lymphatic flow and would likely lead to anoxia (lower than normal oxygen content), which has been related to fibrosis – which has been linked to increased cancer risk. Every subtle bounce of the breast while moving, walking, running,

> etc., gently massages the breast and increases the lymphatic flow and thus cleans the breast of toxins and wastes that arise from cellular metabolism."

From the "007b.com" website we hear it said in another way:

> "The main reason why tight bras are bad for breast health is because they restrict the lymph flow in your breasts. There are numerous lymph pathways and lymph nodes in the armpits, under the breasts, and in-between the breasts. Normally, the lymph fluid washes out waste materials and other toxins away from the breasts, but bras (and especially push-up bras) inhibit this action, so toxins can start to accumulate in the breast, and that can help cancer to develop. In other words, bras inhibit the way our bodies normally cleanse themselves and get rid of cancer cells and toxins like PCBs, DDT, dioxin, benzene and other carcinogenic chemicals that cling to the body's fatty tissues – like the breast. In fact, if you find a lump in your breast, it may very well be filled with lymph fluid that was not able to move away from the breast tissue.
>
> "Bra-wearing may also be connected to cancer in other ways. Wearing bras slightly increases the temperature of the breast tissue, and women who wear bras have higher levels of the hormone prolactin. Both of these may influence breast cancer formation."

Women of America, the evidence is in and it appears to be very conclusive. Consider doing what is right for your breast health – not just what looks best, is more fashionable, or convenient. At a minimum, take that "double-barreled sling shot" off when you are at home and/or in a private setting – and consider "something" not quite as restricting. You may be very happy that you did.

Another very important application to potential breast cancer inception involves the use of common, off-the-store-shelf, deodorants and anti-perspirants. While this subject is important to both women and men, women, it appears, run the greater risk.

A study done by P.D. Darbre at the University of Reading in the United Kingdom, and reported in the *Journal of Inorganic Biochemistry*, September 2005 issue, states the following:

> "Aluminum salts are used as the active antiperspirant agent in underarm cosmetics, but the effects of widespread, long-term and increasing use remain unknown, especially in relation to the breast, which is a local area of application. Clinical studies showing a disproportionately high incidence of breast cancer in the upper outer quadrant of the breast, together with reports of genomic instability in outer quadrants of the breast, provide supporting evidence for a role for locally applied cosmetic chemicals in the development of breast cancer. Aluminum is known to have a genotoxic profile capable of causing both DNA alterations and epigenetic effects, and this would be consistent with a potential role in breast cancer if such effects occurred in breast cells. Given the wide exposure of the human population to antiperspirants, it will be important to establish dermal absorption in the local area of the breast and whether long-term low-level absorption could play a role in the increasing incidence of breast cancer."

Well, yeah, I would say that would be pretty important. And here's the real pertinent relevance to women. The majority of women in America (and now many other countries) shave their underarms routinely. As a result, the deodorants and antiperspirants have direct contact with the skin and are absorbed readily. Conversely, most men (and some women) who do not shave their underarms – and, because of the hair growth in that region – have less direct skin contact with these "cosmetics."

It should be well known (but isn't) that we were meant to perspire as a way to rid the body of toxins and as a method to cool the body. Now, add this up. When we load our underarms with a thick, carcinogenic paste, liquid, or spray, we not only don't perspire there but we absorb more toxins. Just how much sense does this make? I believe you get the point.

Whenever possible, utilize natural "deodorants" (there are many) and avoid chemical-laced antiperspirants. You can even make your own – there are several recipes involving corn starch, non-aluminum baking soda, essential oils, witch hazel, etc. Cruise the Internet and find what suits you. Better yet, eat the right foods and load your body with antioxidants and you won't stink. Try it.

WARNING – The following may shock you (and it should) and you probably will find it hard to believe. You simply will not be able to accept that it is true. I assure you – it is. You have been warned:

> "'Anaphylactic shock,' 'foaming at mouth,' 'grand mal convulsion,' 'coma,' and 'now paralyzed' are just a few of the startling descriptions included in a new federal report describing the complications from Merck & Co.'s Gardasil medication for sexually transmitted human papillomavirus – which has been proposed as mandatory for all schoolgirls."

This headline paragraph led off an entire article in the *WorldNetDaily* in its Tuesday, November 16th, 2010, edition entitled "Death Toll Linked to Gardasil Vaccine Rises." I warned you that it would be unbelievable. And while I'm not going to include the entire news story here, you need to know a little more. Hang on to something:

> "The document (mentioned above) was obtained from the U.S. Food and Drug Administration by Judicial Watch, a Washington group that investigates and prosecutes government corruption, and it has details of 10 deaths just since September."

And don't for a second believe that the FDA gave up this document easily. It continues:

> "'Given all the questions about Gardasil, the best public health policy would be to re-evaluate its safety and to prohibit its distribution to minors. In the least, governments should rethink any efforts to mandate or promote this vaccine for children,' said

> Judicial Watch President, Tom Fitton. The organization's work uncovered reports of about one death each month since last fall, bringing the total death toll from the drug to at least 18 and as many as 20. There also were 140 'serious' reports of complications including about three dozen classified as life-threatening, 10 spontaneous abortions, and a half a dozen cases of Guillain-Barre Syndrome."

And, now, this drug is being prescribed for young boys, too. Are you kidding me? While the drug companies may consider the deaths and complications as acceptable collateral damage, I do not – and no one of good conscience should. Listen to Barbara Hollingsworth in the March 30th, 2010, *Washington Examiner*:

> "As of January 31, 2010, forty-nine unexplained deaths following Gardasil injections have been reported to the Centers for Disease Control and Prevention's Vaccine Adverse Event Reporting System. By contrast, fifty-two deaths are attributed to unintended acceleration in Toyotas, which triggered a $2 billion recall. No recall for Gardasil, which is required for sixth grade girls in D.C., Maryland, Virginia, and many other states." (Author's note: the death toll for teenage girls from Gardasil is now reported to be 430 – end of 2018). The fact is that none of the HPV vaccines (including Gardasil) has been proven to prevent a single case of HPV.

Friends, it's "High Noon" and time to recall this drug that is taking the lives of our teenage daughters. As a matter of fact, we've gone far beyond the time to question every drug and every vaccine that the government, FDA, and pharmaceutical companies try to foist upon the most defenseless, innocent, and precious of all – our children. As a preventative for cervical cancer – Gardasil is a joke, and a very bad and sad one. There are many other non-toxic ways to prevent cervical cancer – and all cancers. They're in this book. Keep reading.

MEN'S ISSUES

Gentlemen, I'll keep this brief, succinct, and very understandable – for you just can't make a mistake with this.

In most cases – and for most men diagnosed with prostate cancer – this "non-disease" ***will not kill you!*** I hope you get this message and will pass it along. Many of us have not and the "prostatectomy line" isn't getting any shorter. Haven't we heard the news? If not, listen up and I'll give you the latest on this.

The founder of the PSA (prostate specific antigen) test that measures a protein released by prostate cells that "supposedly" indicates that cancer ***might*** be present, has ***recanted.*** Let's hear it straight from the horse's mouth. Here's Dr. Thomas Stamey, M.D., professor of urology and lead author of the study that was recently published in the *Journal of Urology* regarding prostate tissues removed and examined over 20 years:

> "The PSA era is over in the United States. Our study raises a very serious question of whether a man should even use the PSA test for prostate cancer screening any more.
>
> "Our job now is to stop removing every man's prostate who has prostate cancer," said Stamey. "We originally thought we were doing the right thing, but we are now figuring out how we went wrong. Some men need prostate treatment but certainly not all of them."

I say, "good on ya" Doc. Being willing to step up and admit a critical mistake that has cost tens of thousands of men their prostates (and more), is a great start. It's no consolation, however, to those who have been maimed, disfigured, made dysfunctional, and worse. And, unfortunately, many guys – and many surgeons – haven't gotten the word on this.

Men, stay away from any medical advice regarding immediate prostate removal or practitioner who says that "we need to do surgery right away." Talk to someone who has already had the procedure done – if he has survived. In most instances, he will tell you a very frightening tale about the nightmare that was created when he submitted to the knife. Stories of permanent incontinence, urological problems, and erectile dysfunction are common. It's a continuing litany of tragedy that envelops and smothers the simple fact that men with prostate cancer who do absolutely nothing – having no conventional, allopathic intervention at all – live just as long or longer than those who choose mainstream intervention. And they also have a far better quality of life. I'm not suggesting, however, that men with cancer do nothing.

You see, guys, if we live long enough, most of us will get prostate cancer – to one degree or another. If we live to be 100 and die of "old age," at autopsy the good doctor will probably discover that we had prostate cancer.

Dr. Stamey concludes with this:

> "What we didn't know in the early years is that benign growth of the prostate is the most common cause of a PSA level between 1 and 10."

While on rare occasions surgery may indeed be necessary to save the life of a man with severe prostate cancer (that is, he will be dead in the next 48 hours or so without it), men should do their homework on this and understand that surgery is definitely not the first thing and should be an absolute last resort. Only about 226 out of 100,000 men over the age of 65 die of prostate cancer – a rate of .003 percent. Guys, you're much more likely to die of something else – like getting struck by lightning. Think about it.

SUNLIGHT – VITAMIN D

Contrary to popular belief, the sun is your friend, not your enemy. Now listen closely because there's going to be a quiz later. I am about to tell you a few things that you will seriously question because you have been conditioned by the mainstream media and advertisers to believe otherwise. Pay close attention to the following one-liners:

The incidence of skin cancer (including melanoma) is highest in those parts of the world where sunscreen use is highest.

Melanoma is more common in people who work indoors than outdoors and often forms on parts of the body that get the least sun exposure.

And last, but certainly not least, most sunscreens contain carcinogenic substances.

Yes, you heard it right.

Vitamin D is one of the most critical and important nutrients for cancer patients (and virtually everyone else) – so important that I struggled with not writing a whole chapter on it.

Almost all of us are deficient in vitamin D3 – period. While studies show that 70% of whites and 97% of African Americans are deficient, I suspect the rates are actually higher (than 70%) with lighter skinned folks. Those with dark skin pigmentation block the needed ultraviolet light that is necessary for their skin to produce the vitamin D.

Recently, our vitamin-resistant governmental agencies very reluctantly raised the almost negligible RDA of 200 IU (international units) to 600 IU for this vitamin. You would have thought that someone had a gun to their heads – it was obviously excruciatingly painful for them. After all, this is a natural product – not a drug. How can it possibly be useful? Well, I've got news for you. Six hundred international units is still woefully low. And here's proof.

Caucasian skin produces about 10,000 IU of vitamin D with a scant 20-30 minutes of direct summer sun exposure. I know people who are out in the sun almost all summer long – and the rest of the year, too. They have no skin cancer, do not use sunscreens (that cause cancer), and are some of the healthiest people I know.

The pure and simple fact is that vitamin D (specifically, D3) ***prevents 77% of all cancers!*** Did you get that? A study conducted by Creighton University School of Medicine that involved almost 1,800 women in good health proved that supplementation of calcium and vitamin D reduced cancer rates by this amazing 77% (as reported in the *American Journal of Clinical Nutrition*). The intake of vitamin D in the control group of this study was only 1,100 IU daily. Imagine what might have occurred if they were given 4,000-5,000 IU daily!

You need vitamin D, especially vitamin D3 (cholecalciferol) to help process calcium and phosphorus and recent studies show that this substance, processed in the liver and kidneys, promotes the death of cancer cells. The problem is that the good food sources of vitamin D are not (for the most part) on the cancer diet: beef liver, salmon, mackerel, sardines, and egg yolks. So where do you get it? From the two best sources; the sun and cod liver oil.

Find a good cod liver oil, however. Most companies, believe it or not, are taking the natural vitamin D out and replacing it with a synthetic form of this vitamin (which then ceases to be a real vitamin at all). I take Green Pasture's Blue Ice™ Fermented Cod Liver Oil. Use this or study-up and find your own source. Listen to what Dr. Bruce West says about cod liver oil (CLO) in his *Health Alert* Newsletter, May 2010, Volume 27, Issue 5:

> "If you have had breast cancer, if you are at high risk for breast cancer, if you are afraid of getting breast cancer, or if you are just smart, you will take cod liver oil (CLO) for the rest of your life. Aside from being a sacred food and elixir that has profound and wonderful health benefits, CLO and its vitamin D are profoundly linked with breast cancer prevention.
>
> "In fact, one of the world's leading vitamin D researchers, Dr. Cedric Garland, recently told a gathering at the Toronto School of Medicine's 'Diagnosis and Treatment of Vitamin D Deficiency' conference, that breast cancer is a disease so directly related to

> vitamin D deficiency that a woman's risk of contracting the disease can be 'virtually eradicated' by elevating her vitamin D status to what vitamin D scientists consider to be natural levels.

> "As we have stated previously, there are many forms of vitamin D. And there are still many forms of vitamin D that we simply do not even know about. So, it makes sense to raise your levels with the whole food that is super-rich in the whole vitamin D with all its variations. That food is Blue Ice ™ Fermented Cod Liver Oil. We use it in the form of capsules, with 2-5 capsules daily being the most common dose to bring vitamin D levels back to normal."

With breast cancer – or any type of cancer – use cod liver oil in its purest and most complete form.

And get out into the sun every day, if you can. There's no substitute for good, old-fashioned sunshine. Just don't burn yourself to a crisp – that's actually ***not*** good for you. And in the northern latitudes in the winter, find a tanning bed that is high in UVB rays and use it (I know – some will blast me for that – of course, without real evidence).

Make note, however, that after a sunlight/UVB session, wait a bit before showering. Danna Norek, a citizen journalist for *NaturalNews.com*, tells us why:

> "After UV exposure, your skin produces a powdery substance that is then absorbed into the skin and converted to vitamin D by the body. If you wash this off too early, you interfere with the amount of vitamin D made and, hence, do not get the full benefit."

I would get into the sun for at least 15 minutes every day that I could. And when I could not – or if I lived in a place with little direct sunshine – I would substitute a good vitamin D3 supplement (4,000-5,000 IU minimum) for my lack of rays. Regardless, I would take cod liver oil every day.

Vitamin D and sunlight. These are two very important things I would implement into my life (and I have), even if I didn't have cancer. You should, too.

CARCINOGENIC PRODUCTS

Another thing I would do is to seriously review everything I touch and put on my body each day. This list includes deodorant/anti-perspirants, shaving cream, cologne, perfume, soap, make-up, lotion, hair spray, dishwashing and clothes washing detergents, etc., etc. The inventory is extensive and these products can contain (and most do) many known carcinogens including acetone, methylene chloride and others. Get these things out of your life. Go to the local food cooperative or health store – you'll find "natural" replacements for almost all of these.

There are now many, many private and public companies that have gone the *natural* route when it comes to cosmetics, personal care items, skin care and, basically, anything that one would put on their body. Friends, as convenient and cheap as it is to procure our lotions, potions, and magic rejuvenating elixirs from the local supermarket, pharmacy, or big box store, in most cases, it's the wrong thing to do – and here's why:

What you put on your skin will find its way into your bloodstream in ***28 seconds!***

I'm sure you had no idea. Do you think we should be a little more careful about these decisions – especially when *known carcinogens* are involved? I do.

There are a few premier companies that we recommend at the International Wellness & Research Center (we receive nothing for mentioning them). As I stated previously, there are many, many others and you should choose who you like after investigating and finding the purest and safest products. Our Mid-West Regional Ambassador, Lynnette Pate, aka ***The Organic Guru***, offers her "Pure Integrity Verified Seal of Approval" to the following:

Ecco Bella produces body care, skin care, makeup, hair care, perfumes, room mists, and other products that are vegan, cruelty free, and toxic free. Their lines are recommended for all skin types.

Giddy (Giddy Organics) is a multidimensional outdoor lifestyle brand that also offers skin care products. Believing that their love for the great outdoors should be embodied in every product they create, *Giddy* offers all natural and organic, handmade (in America), and Fair-Trade certified skin care products with recyclable packaging.

Miessence boasts that they are the world's first extensive range of internationally certified organic products for skin, hair, body, cosmetic, oral and nutrition. Their products are delivered "fresh" directly to the customer within a short time of being made in a unique cold formulation to ensure fully-potent, living, active ingredients. Their supply chain and freight distribution are certified carbon negative and their packaging is non-toxic and non-leaching. In addition, their organic and wild-harvested ingredients are sourced from certified organic land.

Shaklee also offers fabulous, non-toxic, natural cosmetics at reasonable prices. I must mention here that I am very enamored with Shaklee's new product called *Vivix®*. This company touts it as the "world's best cellular anti-aging supplement." *Vivix®* is perfectly safe, all natural, and has been shown (in lab studies) to protect and repair cellular DNA. This product also supports immune health. Shaklee states that *Vivix®* has the equivalent amount of resveratrol (think good for you and bad for cancer) found in 3,000 glasses of red wine – of course, without the alcohol! Do yourself a favor and investigate this product and the many testimonies to what it has done for people with severe health challenges – including cancer.

Keep in mind that what all of these companies offer – and all comparable businesses that market similar natural products – will generally be slightly more expensive than traditional lines that have questionable or carcinogenic ingredients that you can't pronounce. And, through experience, I have discovered they are well worth it.

EMF **(Electromagnetic Fields)**

Dr. Elizabeth Plourde sits on the Advisory Board of the American Anti-Cancer Institute/International Wellness & Research Center – and, we are both proud and blessed to have her.

Her new book, *EMF Freedom*, should be on your coffee table (actually, in your hands) right now – it's that important. In this fabulous work she addresses electromagnetic fields (EMF), cordless and cell phones, SMART meters, computers, WiFi – and their connection to autism, Alzheimer's, obesity, MS, allergies, cancer, and others. You don't want to miss this. Unfortunately, the fact is that most of us have already missed this – up till now. Time to change that.

In her book, Dr. Plourde discusses, in detail, her own experience with SMART meters, and how one near her home almost killed her. It's an astonishing story and, I'll bet most of us had no clue about these and the devastating effect that most electronic devices have on our health. Ladies, get those cell phones out of your bras – men, out of your back pockets. And, please, keep them away, to the best of your ability, from your children. Their skulls are thinner and they are more affected with a phone constantly to their ear. Wonder why we have more children with brain cancer today? Wonder no more.

It is interesting to note that the list of potential disabling conditions caused by EMF pollution now includes decrease in immune function and cancer. We are currently working with Dr. Plourde to bring products to you that will significantly reduce and/or eliminate the effects of electromagnetic fields. I have devices on my cell phone and on my wrist right now that help to "harmonize" these serious and health-stealing properties. You will find these products through the IWARC/AACI website and store. Please, don't wait on this.

DETOXIFICATION

After you have stopped doing the things that promote or feed your cancer, you must begin the detoxification process that will eliminate the poisons that have played an integral part in the development of your disease and will feed its growth if allowed to remain in your body. Actually, we should all "detox" on a regular basis. The ultimate form of complete cellular detoxification and oxygenation will be featured in Chapter Nine. Now, on to more baseline internal cleansing.

I would start with a colon cleanse. Many medical professionals (mostly alternative doctors and health practitioners who understand the functions of the human body) believe that most disease begins in the colon. And, it makes perfect sense. If this organ is encrusted with plaque, mucous, undigested foods – and who knows what else – this instrument of nutrient absorption and waste elimination will not function properly and will simply become ineffective and, ultimately, diseased. I'm always shocked to learn that many people have a bowel movement only once every few days or so. Now, let's see. Three meals (or more) a day, every day, one bowel movement every few days – hmm...... Where's everything going? Interesting question.

Please carefully consider the following statement: Doesn't it make perfect sense that if you eat three times a day you should have three bowel movements a day? The obvious answer is "of course it does," but, in most people's lives, it simply is not the case. If you are not "going" at least once a day minimum, you're in trouble. The "back-up" will fester, ferment and rot while you complain of bloating, gas, acid reflux, heartburn, cramps, candida, "pot-gut" and every other digestive disturbance known to man. Forgive me, but the fact is that most of us are literally full of crap.

Many years ago, a well-known Hollywood celebrity and actor died and an autopsy was performed. This man was known to have cancer. It was discovered during the post-death examination that he had approximately twenty-five pounds of encrusted fecal matter in his colon! No wonder he had cancer!

Cleanse your colon whether you have cancer or not and drink ionized water (more on this in Chapter Six). There are many different recipes to accomplish this task. Go on-line, review the list of protocols, then choose the one that sounds best to you. This site is excellent and I would go here first:

www.the-natural-path.com/toxic-cleansing.html

There's no magic here and you will know if it is working. Utilize a protocol, however, that is natural – no drugs, chemicals, etc. Or go down to your local health or natural food store and ask them what is the best. Don't scrimp on a few dollars here; they are not expensive. Better yet, make an appointment with a local naturopath and get his or her input. This professional will steer you in the right direction. This process is critically important because of two basic things. Firstly, upon completion of this cleanse, you will be much more able to absorb the nutrients and fluids that you will be flooding your body with as part of your new anti-cancer diet and, secondly, your digestive system will now be prepared to eliminate, more efficiently, the debris (once you start to destroy cancer cells) and the waste that naturally flows through it.

Once the colon is cleansed, move immediately to the gall bladder and liver cleanses – utilizing the same process (selection of protocols). Investigate, find the one that will work for you, procure the program, and then proceed expeditiously. These are also referenced and detailed at the website mentioned above and many "recipes" are free. Fresh lemons and a good, organic milk thistle supplement are also excellent for detoxifying and supporting the liver. Women with breast cancer should use milk thistle *seed* extract.

Lastly, we move on to the "mother of all cleanses", the "parasite purge." I know what you're thinking. Me? Parasites? No way! ***WAY!*** Virtually all humans host at least one – or one type of – parasite. Most of us – many more. And, you've got to get them out of your body if you want to heal. The late Hulda Regehr Clark insisted that the cause of all cancers was a single parasite – the human intestinal fluke. She believed that if you kill this parasite, the cancer stops immediately and the tissue becomes normal again. While I'm not sure that I would buy into this theory lock, stock, and barrel, I do believe (and so should you) that parasites are a problem and we need to get rid of them.

Again, there are many programs available to purge these creepy little creatures from our internal crevices. Personally, I like Dr. Clark's method because it not only targets the parasites, but their eggs, as well (yes, they lay eggs inside you). She suggests that a combination of the tincture of the "green hull" of the Black Walnut, Wormwood (from the Artemisia shrub), and Common Cloves (from the Clove tree) will kill adults and developmental stages of at least 100 parasites (they must be used together). Do a little research, find the cleanse that you feel is best, and go for it. This is what I would do, even if I didn't have cancer.

Dr. Judy Seeger is a true master when it comes to detoxification of the human body – especially for cancer patients. Judy is a Naturopathic Doctor, author, speaker, researcher, and a TV Show Host. Her personal experience with detox drove her to find better solutions to free the body of the crud that lies within us. Dr. Judy has a 3-Step Detox Formula that has helped many and has written a guide entitled "21 Easy Steps to Start & Stay on Your Detox." She is a true expert in this field. Contact her through her website at www.judyseegerdetox.com and view her many videos on her free YouTube channel at http://youtube.com/judyseegerdetox. You can email her at judyseegerdetox@gmail.com or call her at 321-403-9447. Folks, that's what I call accessible. Thanks, Dr. Judy!

If you are the adventurous type, think about the "turpentine" cleanse offered by Dr. Jennifer Daniels. Folks, it is really incredible what Dr. Daniels has done with this. After discovering that turpentine was utilized for almost all things that ail you back a century ago, she decided to find out why it was discontinued (think big medicine) and if this formulation was still usable today. Wow! What a story. She has been utilizing it for over 20 years now and is thriving. Do look at this for yourself. Find Dr. Daniels on the Internet and you can download her free report. I must say that this is very interesting – even though I have yet to do it myself. I am thinking about it.

Cherie Calbom is world-renowned as the "Juice Lady" and has written many books on health and healing. I am honored to call her my friend. Listen to what Cherie has to say about detoxing and its importance in one of her recent works entitled, *The Complete Cancer Cleanse*:

> "Detoxification is a normal process of eliminating wastes and toxins from the colon, liver, kidneys, gallbladder, lungs, skin, lymph, and blood. This is one of the body's most basic functions and happens without a thought, like the beating of the heart. However, in our polluted world, the body's systems and organs, which were once functioning in a less-polluted world and capable of clearing out unwanted substances, are now completely overloaded. This means toxins remain in our tissues, clog our organs, poison our blood, and weaken our immune system.
>
> "When immune activity is compromised, immune cells, such as the natural killer cells that are responsible for destroying cancer cells, are unable to do their job properly. A compromised immune system is often a key factor in immune-compromised diseases such as cancer.
>
> "Who should cleanse? The answer is simple! Everybody should cleanse – and especially everyone with cancer."

Cherie continues with what I believe is the most important part of this detoxification protocol. She quotes Anne and David Frahm from their book, *The Cancer Battle Plan*, with the following:

> "It seems clear that if a cancer warrior is going to have any hope of ultimately conquering cancer and winning back health, a very

> aggressive process needs to be undertaken to reverse the chronic degeneration of the body of which cancer is a symptom. It all comes down to changing the body's toxic chemistry through the metabolic processes of detoxification and diet – and the sooner the better."

Folks, that ***is*** the battle plan. And you'll hear it time and time again from those who know and have proven that detoxification and diet are the keys – and the baseline – to healing cancer. Healed bodies speak the truth about what works, and these two ingredients are well-worn and time-tested.

Get Cherie's book if you can. She is one of the kindest souls you will ever meet – a gentle woman who pours her heart into her work to help people stay healthy and heal when they are not.

If I needed help with a detoxification process or program and could travel, I can tell you exactly where I would go – and that would be We Care Spa™ in Desert Hot Springs, California. Known as the "spa to the stars," this facility is probably one of the most well-known healing and detoxing locations in the world. And, although it has catered to the Hollywood elite – as well as health conscious people from all over the planet – everyone is welcome and can find respite here.

Offering packages from the "8-day renewal" to the "3-day tune-up," this gorgeous 60-acre compound (yes, I have been there!) has been providing cleansing and anti-aging protocols for over 25 years. From colon hydrotherapy to digestive release massage, detox baths, and organic foods, We Care Spa™ virtually has it all. Organic vegetable juices, enzymes, barley grass and wheat grass supplements and Kangen Water™ are just a small sample of what's on the menu – and the anti-cancer diet and protocol features all of these. Specialized equipment, Jacuzzi's, and detoxifying infrared saunas are all available for use.

You'll simply find no better place if you need to detox (mentally and physically) – and learn how to do so in the future. Here you can relax in an environment that is aesthetically pleasing, comfortable, all-inclusive – and private. Many other rejuvenation services and treatments are also available.

One might assume that this kind of place would be very, very expensive. Not so. Actually, it's quite a bargain for what you get. After all, what kind of a price can we put on full body detoxification and restoration (essential for cancer patients) that might just save our lives? I'll leave that one up to you.

Contact the staff at We Care Spa™ through their website and get the full details: www.wecarespa.com.

Another thing to consider is coffee enemas. ***WHAT??*** You heard that right. And, no, that doesn't include latte's and mochas. As we all know, people don't want to talk about the "e" word (enemas), they don't want to hear about why they are important and what they do, they just want to ignore the subject altogether. These are, however, often a necessary part of a cancer patient's recovery that cannot be ignored or wished-away. And despite what you might be thinking or what you may have heard, there is real science behind this specific procedure and it works efficiently and effectively to help the liver dispose of toxins and debris. We will talk more about this in Chapter Eight – please prepare yourself. While this is a major and ongoing detox protocol required for most cancer sufferers, it is not always critical and mandatory right away – and not absolutely necessary for all patients.

EXERCISE

Statistics show us (no, they really prove to us) that exercise can ward off disease of all types, especially cancer, while inactivity invites the onset and proliferation of these events.

Simply put, everyone who is able (Dr. approved, of course) should be doing some sort of exercise – sick or not. Lack of physical activity will increase the risk of breast cancer, according to Dr. Elizabeth Smoots. She also states that "a 50 percent decrease in the rate of colon cancer was found in those with the highest levels of physical activity" and that "walking less than 20 minutes a week was associated with twice the risk of pancreatic cancer compared to walking more than four hours a week."

Dr. Smoots goes on to say that "sedentary women had a 72 percent higher rate of melanoma skin cancer than those exercising five to seven days a week. In men, the rate was 56 percent higher." Guess what? Yes, many of these "exercisers" are out in the sun absorbing those UVB rays! There goes the cancer and sunscreen industry's claim that you get melanoma from sun exposure!

You get the picture. I would be willing to bet 4 pieces of red chalk, 3 cat eye marbles, and 2 cents that America could cut its cancer rates in half if we would only exercise. But, I know, we're way too busy for that.

Ladies and gentlemen, boys and girls, and those with cancer who are physically able, get off your tired (and increasingly sick) butts and get moving! Without a doubt, you will be healthier, have more energy, ward off disease of all types, and have a greater capacity to heal sickness throughout your life.

At a minimum and, once again – if they can – cancer patients should start walking and get their blood moving. Get on a mini-trampoline or rebounder and jump or bounce (even lightly) up and down. This exercise is one of the best to help the lymphatic system move the toxins out of the body. And make no mistake; with cancer, you not only need this, it is ***required.*** If you are unable to do this, find a specialist who does lymphatic massage to help you meet this critical need.

Whole body vibration machines are now available to purchase from many different companies. Yes, they can be a little expensive ($2,000 - $2,500 for a real good model) but the results are incredible – especially for those of us who are older. Ladies and Gentlemen, you just stand on the machine and hold on to the handles. Some people do a little exercising on it (I do push ups while mine is running) but, literally, you can reap massive benefits while just standing there. It is said that 10 minutes on the whole-body vibration equipment – vibrating from 5 Hertz to 40 Hertz (that's really shaking!) is the equivalent to an hour in the gym. And I agree. Benefits include better balance, increased blood circulation, stimulation of lymphatic drainage, increased metabolism and fat burning, reduced cellulite, toning and tightening of the skin, increased bone density, etc., etc. Basically, this is almost a whole gym that you just stand on. If interested – and you should be – find the complete information on our product store page.

There can be no argument that people who are active and exercise regularly are healthier – and stay that way. They also heal more rapidly.

C'mon – let's get going, America! After all, we really don't have a shortage of doctors in our country, we just have too many sick people. And we don't lack for hospitals, oncologists, radiation equipment or chemotherapy drugs – ***we just have way too many cancer patients!***

CANCER TESTING

Earlier in this Chapter I mentioned the "Navarro Urine Test." I believe that this test is probably one of the most accurate detectors of both cancer and ***how much*** cancer you have. It will also reliably (statistics show 95% or better) predict the presence of this disease up to three years prior to the discovery of lumps, tumors, or blood markers, and is equal to or superior to most blood tests and other detection methodologies.

The Navarro Urine Test measures HCG (human chorionic gonadotropin). HCG is a glycoprotein hormone and its presence in the urine reflects that the "host" (you) is pregnant, has suffered a serious and traumatic injury, or has cancer. If you can rule out the first two, the third is generally certain. Dr. Manuel Navarro found that this hormone was present and elevated in virtually all types of cancer. We won't get into the details here. Dr. Navarro was no piker. He was an internationally recognized cancer researcher and oncologist with over 100 major scientific papers to his credit. He treated cancer patients for over 25 years with Laetrile – with great success. The late Dr. Navarro was Professor of Medicine and Surgery at the University of Santo Tomas, in Manila, and was also an Associate Member of the National Research Council of the Philippines and a Fellow of the Philippine College of Physicians and the Philippine Society of Endocrinology and Metabolism. He developed his testing procedure in the late 1930's and died in 1994. His son now carries on his work and does the testing of submitted urine samples. You can go to the following website to learn all about the test, how to do it, and where to send it for evaluation:

www.anticancermom.com/hcg-cancer-test

Better yet, you can contact my friends, Dave and Joe Karlovich, and their crew at the Joe Ball Company. They have developed a kit that will guide you through this process step by step. Each kit contains everything you need to complete and forward the sample and includes beakers, measuring glass, acetone, iso-propanol, filters, etc. Also included are procedures, patient information forms, USPS Express Mail envelopes, pre-addressed labels, and customs declaration forms. They've thought of everything and it's all there. The pricing below does not reflect the cost of the test itself by Dr. Navarro which runs about $55.00

The kit sells for $64.99 and includes enough materials to run two tests. Reorder kits are only $31.99. International kits are available for $49.99 and are less expensive because they cannot ship the acetone and rubbing alcohol needed for the testing – the recipient has to acquire their own. I highly recommend this kit – and this type of testing. Go to www.joeballcompany.com to order. And if you use the coupon code "AACI" at checkout, you will receive 10% off everything in your cart – compliments of the IWARC/AACI and the Joe Ball Company.

I have known many who have done it and I have seen the results. This test and process works, is reliable, and is a great way to monitor your progress as you watch your cancer go away. This is what I would do.

This company also carries all enema supplies – including the specially formulated coffee that optimizes the detoxification process. In addition, you will find shower filters, bath ball water filters, cell phone earbuds, radiation-free headphones, and many other items to help cancer patients.

For those who want to investigate other cancer testing methods, the AMAS (anti-malignan antibody in serum) is a blood test that measures an antibody (malignan) that is a cancer marker. It is not generally accepted by conventional medicine at this point, so it must be pretty good. Many in the "alternative" oncology field are using it and it is said (by these) to be fairly accurate.

In addition, Dr. Emil Schandl, whom I have met and spoken with at the Cancer Control Society, founded and runs the American Metabolic Laboratories in Hollywood, Florida, and his lab does testing of all kinds – including cancer. I have found him to be very knowledgeable and astute and believe his testing to be highly credible and accurate. He does a Cancer Profile© panel of tests for cancer that involves a combination of two serum (blood) and one urine HCG (like Navarro) – believing that the three samples are more revealing and accurate than the single urine HCG. He may be right.

I like all of these. I have continued to recommend the Navarro testing as it is the least expensive and still very accurate. This way a patient can measure progress every couple of months with less "out of pocket" expenditure. However, you get to choose. Go with what works for you.

ADVOCATES

A cancer diagnosis is devastating – at a minimum. Your entire life – and the sum of its parts – all change when the "Big C" comes home to roost. Your emotions go into high gear and there is a definite possibility that they will turn you in the wrong direction. We will deal with "emotional detoxification" in Chapter Eleven.

What you must do first, though, what you must do right now, is to find an "advocate" – someone who will get onboard this train with you and ride in the seat right next to yours, holding your hand and guiding and supporting you on this journey. Without an advocate, you are traversing the "minefield" of cancer therapies alone. And, battling this disease by yourself can be frustrating, irritating, emotionally draining and, as a result, often ends tragically. So, find a friend, a family member, a group, anyone who will sign-on to march lock step with you in your quest for healing, until you are well. Do it right away. I would make an "advocate" one of my top priorities.

Always remember, don't panic – you almost always have time. Get your protocol together, do your homework, question all medical advice (question all advice – no matter where it comes from – question my advice, and check it out). Stop doing the things that promote your cancer – start doing the things that will lead you to healing. That's what I would do. And, from what we witness day after day, it works.

CHAPTER FOUR

THE CANCER DIET: OXYGEN RICH AND ALKALINE

> ***"Food as a key to health represents a powerful challenge to conventional medicine, which is fundamentally built on drugs and surgery. The widespread communities of nutrition professionals, researchers and doctors are, as a whole, either unaware of this evidence or reluctant to share it. Because of these failings, Americans are being cheated out of information that could save their lives."***
>
> T. Colin Campbell, Ph.D. – *The China Study*

FOOD – it can heal you – and it can kill you. It can be good for what "ails" you or make you sick as a dog. Food can be fried and fricasseed, baked, boiled and butchered. And, the list goes on.

The problem today in America – and the rest of the industrialized world – is that we have loaded the basic food groups with artificial sweeteners, trans fats, synthetic additives and preservatives, hormones, dyes – another list that goes on and on.

Folks, do we simply not understand that we weren't meant to eat these things? Whatever happened to fruits and vegetables, seeds and nuts, whole grains, oatmeal – real foods with phytonutrients, vitamins, minerals and protein? And, no, to reiterate a fact from earlier in this writing, French fries are not a vegetable.

The majority of cancer is caused by what we eat and drink! You can dispute that if you like, but the evidence is in and irrefutable, and you simply won't win that argument. I am not intentionally trying to offend anyone when I tell you the following truth: we have arguably become a nation of fat, lazy, unhealthy people. In no uncertain terms, we have literally "super-sized" ourselves. Two-thirds of us are overweight and a full third (or more) are obese. The most unfortunate thing about this behavior is that our kids are growing up just like Mom and Dad. ***What has happened to us?*** We don't exercise anymore, we sit for hours in front of the T.V. (there's a reason they call it the "boob tube"), we invest weeks of our lives playing video games, consume more booze, coffee, and soda pop than ever, and many still smoke like a chimney. Tell me, what's that all about?

Then, when our bodies begin to fail us, we want to question why we are sick, why we get heart disease, diabetes, arthritis and cancer. Sorry, we can't pretend any longer that there is some cosmic mystery surrounding how this happens. It's time to put down the fork, get our tired rear ends out of the easy chair, and stop this nonsense right now – whether you are sick or not. And, if you have cancer, you need to change your lifestyle and your diet ***yesterday.*** So, let's get started.

ACID – ALKALINE

Most people have "acidosis" as a result of environmental conditions and, largely, because of what they put in their mouths. We eat acidic foods (or acid-forming foods), our bodies become acidic and, as a result, an inner terrain is established that is ripe for every kind of disease, bacteria, fungus, virus and parasite.

I've never known of a cancer patient that was too alkaline – although it is possible in a few cancers. Typically, those with cancer have pH readings in the 5's and 6's (very acidic). Low blood oxygen levels are also characteristic of those with this "disease." Remember that cancer hates – and cannot live in – an alkaline environment. It also fears and expires when confronted with oxygen. Doesn't it make complete sense then, that to reverse cancer, we must oxygenate and alkalinize our bodies? You would think that this would be the quintessential "no-brainer." Sadly, our doctors pay no attention to this ***fact*** – and neither do we.

Dr. Gary Tunsky wrote a book entitled *The Battle for Health Is Over pH*. Here's what he says about cancer, acid, oxygen, and pH:

> "This acid fermentation process is what we label as cancer. It's my conclusion, based on years of research and study, that cancer is nothing more than an electrical disturbance at the sub-atomic and DNA level caused by oxygen deprivation, dehydration, cellular intoxication, lack of circulation and electrical flow that leads to cell asphyxiation, finally resulting in cell mutation.
>
> "The battle between life and death and humanity's struggle with sickness is over pH. This is not a complicated issue to understand. As long as the body has sufficient alkaline potential from a well-balanced diet and all of its elimination routes are open, cell-damaging acids can be safely neutralized and excreted from the body before cellular damage takes place.
>
> "If we habitually consume fresh, organic, high alkaline forming fruits, vegetables, nuts, seeds and legumes grown in rich topsoil, avoiding as much as humanly possible the 'acid landmines' of our modern civilization, we can properly alkalize the body and stay healthy. When our blood contains living nutrients, our body's cell metabolism and pH are in proper balance. When our cells are properly nourished, hydrated, and oxygenated, it is virtually impossible for us to become unwitting victims of illness and disease."

With cancer, we must do everything possible to strengthen and build the immune system – that is what will ultimately heal us. And, this is where the "cancer diet" enters in. Please keep in mind this fact, however – anything that we do or eat that doesn't support this protocol ***hurts it***. We must get our pH back up to seven or above, and the right food (and alkaline water) is the key.

FIRST, DIET TIPS

Prior to outlining the proper cancer diet protocol, here is a list of things that I would do first – or in conjunction with – the new diet regimen:

- Throw away the microwave – it kills the enzymes in food and changes its structure, making it carcinogenic!
- Eat 80% of food raw (if possible). This includes juicing.
- Throw away aluminum cookware and other "coated" cookware and cook exclusively in glass, ceramic, or, preferably, certified stainless steel/titanium pots and pans (checkout Saladmaster® cookware – a great choice!).
- Eat "certified organic" – if it is affordable. Wait, forget the "affordable." Do it anyway – it's critical.
- Don't wash fruits and vegetables in chlorinated water (more on this in Chapter Six).
- Easy on the black pepper – it is very acidic. The piperine, however, in black pepper (5%) is useful in combining with the curcumin in turmeric (5%) to make the latter up to 1,000 times more bioavailable. Use pepper sparingly with turmeric.
- No table salt/iodized salt. Eat only quality "full spectrum" salt like "Himalayan" or "Celtic" with natural trace minerals (local health food store – more on this later). Don't fall for the "sea salt" label. Folks, all salt was once sea salt. Simply put, eat no white salt.

- For the very few foods that are cooked using oil, use only extra-virgin olive oil, nut oil(s), or coconut oil.
- No commercial salad dressings – only those made using olive oil, coconut oil, nut oils, oregano oil, lemon, lime, apple cider vinegar, etc. Bragg makes wonderful organic salad dressings and has the premier organic apple cider vinegar.
- Eat virtually nothing that comes in a package, box or can from the local supermarket (eat fresh foods).
- Eat no meat, or very little if you feel you absolutely must to survive. And many won't like this, but eat it cooked as rare as you can. Preferably, ingest only small amounts of fresh cold-water salmon, halibut, tuna, mackerel, or free-range (organically raised) chicken or turkey. A little wild game meat may also be used (key words – "a little"). Choose the meat you eat wisely. Steam or cook lightly.
- No milk or milk products, cheese, yogurt, etc., except organic, low-fat cottage cheese in the Budwig Protocol (more on this later). No margarine.
- No coffee or alcohol. The exception is small amounts of coffee that is organic and not chemically processed (made with 9.5 pH water).
- Very few eggs, unless you are pregnant (then, two per day - organic).
- No artificial sweeteners at all – use only stevia, Lo Han, "Just Like Sugar," or other all-natural products (sorry, no honey either).
- Absolutely no soda pop, sports drinks, vitamin or mineral waters (commercial) – all are very acidic.
- No refined flours or breads with yeast (fungus). No wheat or gluten products. Stay away from lectins.
- Eat no white potatoes or white rice.
- No peanuts, cashews, or corn (molds, fungus, aflatoxins).

- No fruits except fresh lemons, limes, or avocados (eat lots of these). Small amounts of organic blueberries, blackberries, strawberries, and raspberries are O.K. Other fruits are sources of sugars that may feed your cancer.
- ***NO SUGAR OF ANY KIND – PERIOD!***
- No soy products, except if fermented or in Reliv™ Products.

Well, that's a start. I know, I know – what's left? Actually, lots.

WHAT YOU CAN AND MUST EAT

Fresh (organic, if possible) vegetables are alkaline and chock full of the nutrients that we all need to support and build up our immune systems. I would partake abundantly of spinach and broccoli, cauliflower and brussel sprouts (I know), cabbage and celery, red, yellow, and green peppers (call these fruits if you like), kale and asparagus, green beans and peas, egg plant and yellow squash, mustard greens and collards, okra and parsley, lettuce, carrots and watercress. Eat them raw and juice them. I would especially juice carrots and have several glasses per day with some of these other veggies to flavor. Carrots are one of the most anti-cancer foods there is. One caution. If you are on blood thinners, be careful of foods high in Vitamin K, using lower doses. You should consult your doctor on this, preferably a Naturopath.

Let me expound a little on one of nature's true superfoods and one listed as a "fruit" that I recommend highly – and in large quantities – for cancer sufferers. Commonly called an "alligator pear," the avocado, the harbinger of guacamole, is absolutely loaded with omega 3 and omega 6 fatty acids – of which most of us are deficient. Many people believe that, since avocados are high in fat, this nutritious food will, in turn, make them fat. Not so. This fruit has no cholesterol and its fats are, essentially, non-fattening.

The rich protein in avocados is predigested and gives up to the eater 18 essential amino acids needed for complete protein in the body. Full of magnesium, many other minerals, vitamins and enzymes, the avocado is truly one of the world's most "complete" foods. And, again, eat lots of them.

Organic, extra-virgin coconut oil, unlike most processed oils, is an amazing food that is loaded with healthy lauric acid. It tastes great, has a high smoke point (so you can cook with it), can be used as a butter substitute, and will store at room temperature for over a year without going bad. And, please remember, almost all oils that you can buy from the grocery store are ***already rancid*** when you lift them from the shelf. Commercial perfumes have been added so they don't smell bad. I know, you can't believe this is true – but, sadly, it is. Don't buy or use any of these.

Several studies are telling us what we already know – olive oil prevents and fights cancer, especially breast cancer. I would use extra-virgin (the least possible processing and first pressed) in salads and as a supplement by the spoonful. Olive oil is also indicated as a preventative for heart disease, Parkinson's Disease, and Alzheimer's. And, so is coconut oil. Get plenty.

Here's a good one. The little known, often maligned, and seldom ingested vegetable, ***watercress,*** is having a great "coming-out" party. Jonathan Benson, a staff writer for *NaturalNews.com*, writes this about the secretive veggie:

> "New research out of the Cancer Research Centre at Southampton General Hospital's School of Medicine in the U.K. has found that watercress, a superfood vegetable, works to reduce levels of the key growth factor that causes tumor growth. According to researchers, regular consumption of watercress works the same as – if not better than – conventional anti-cancer drug treatments, except without all the harmful side effects."

I'm hoping you paid close attention to that last sentence. I am very sure that a similar paragraph could be written about most vegetables produced organically today. Vegetables are the true megafoods – and always have been. Make no mistake, if you want to heal from cancer, these largely ignored foods are the key.

Organic oatmeal is great with almond milk (organic unsweetened) and a little stevia. Eat beans for protein (not processed and sugared pork and beans), seeds (especially flax), and nuts (no peanuts or cashews). Have plenty of almonds, macadamia nuts and walnuts (all unpasteurized).

The primary nut/seed that I would consume would be apricot kernels. For those of you not familiar with these, they are about the size of an almond and come from inside the apricot pit. They are naturally dried and then packed and sold in many health food stores (in refrigerators) and on-line. You can get 2 pounds for about $33 or so (that's about 1,500 seeds). Order at Apricot Power – www.apricotpower.com.

Apricot kernels are very high in Vitamin B-17, also known as amygdalin or Laetrile, and Vitamin B-15, also known as pangamic acid – both of which I believe are critical for cancer patients. Our government refuses to recognize these vitamins and has tried to outlaw them – so you know that they must be very effective at battling cancer. The Hunzakut people (Northern Pakistan) eat loads of apricot kernels and have never had a known case of cancer. I have eaten as many as 25 within a 10-minute period with no adverse reaction. Bob, just what do you mean by "no adverse reaction?"

So that you know, many (including the American Cancer Society and our own government) will try to scare you into believing that these seeds will poison you and that there is no evidence that they have any effect on cancer. They are absolutely wrong on both counts and the evidence ***against*** them – and ***for*** this food – is incredibly overwhelming.

These seeds have a "locked" cyanide molecule (so do most other fruit seeds and Vitamin B-12) that is harmless to our normal cells but deadly to cancer cells. Our bodies have an enzyme (rhodanase) that neutralizes this molecule that the cancer cells lack (this is the short version – what you need to know). Many people claim that their cancers have been healed through apricot kernels alone. Go online and read Jason Vale's story at the following web address:

www.apricotsfromgod.info/mystory

Dr. Giuseppe Nacci, M.D., speaks volumes in a few short sentences about vitamin B17 (amygdalin/Laetrile):

> "Give a seed of apple or other fruit to all the people you know, explaining to them that all fruit seeds contain vitamin B17; this vitamin cures cancer, a terrible disease deriving from a simple deficiency in vitamin B17…and other vitamins."

If you really want to know about the efficacy of Laetrile (amygdalin, apricot kernels), acquire the book *Laetrile Case Histories; The Richardson Cancer Clinic Experience*, by Dr. John A. Richardson, M.D., and Patricia Irving Griffin, R.N., B.S. In this book you will discover 62 case histories that will prove to you – beyond any doubt whatsoever – that Laetrile (vitamin B17) works in the control and healing of cancer. Each single story is authenticated by a firm diagnosis and meticulous medical documentation.

What is very interesting is that this new updated version includes a follow-up 30 years after the patients were diagnosed with ***incurable cancer***. Proof is in the actual life-span of these people who previously had been told by their doctors that they had just a few months to live. This book also recounts the personal battle of Dr. Richardson who incurred the wrath of orthodox medicine when he and his patients elected to use vitamin therapy instead of surgery, drugs, and radiation as a treatment of choice.

This description of the book is from Ed Griffin's incredible website, www.realityzone.com, where you can find this astonishing work. Do go to this site regardless and view (and sign up for – it's free) one of the greatest and most informative newsletters of this generation – *The Reality Zone.*

Now, back to the apricot kernels. I would start with about 5-6 kernels per day and increase by one a day until getting to at least 18-20. The Vitamin B-15 (pangamic acid) in the seeds is known as "instant oxygen" and was heavily utilized by Russian athletes in the 60's-70's and beyond (remember how they excelled back then?). More oxygen, remember, is good for you and bad for cancer.

Before we go any further – let's talk nuts. You can go nuts trying to find the right kinds of nuts. Before you go out and buy "pasteurized" nuts, put a little thought into it. The "Living Nutz" website gives us the scoop regarding the processing of almonds but, rest assured, this happens to many of our so-called "natural foods" today:

> "While there are four main methods of pasteurizing almonds, steam processing, high heat treatment (roasting), blanching and highly toxic fumigation treatment with propylene oxide (PPO), two of them are the primary methods that are used most often… These two are steam processing and PPO fumigation.
>
> "Here is a hazard summary as reported by the EPA:
>
> "Propylene oxide is used in the production of polyethers (the primary component of polyurethane foams) and propylene glycol. Acute (short-term) exposure of humans and animals to propylene oxide has caused eye and respiratory tract irritation. Dermal contact, even with dilute solutions, has caused skin irritation and necrosis in humans. Propylene oxide is also a mild central nervous system (CNS) depressant in humans. Inflammatory lesions of the nasal cavity, trachea, and lungs and neurological effects have been observed in animals chronically (long-term) exposed to propylene oxide by inhalation. Propylene oxide has been observed to cause tumors at or near the site of administration in rodents, causing stomach tumors following ingestion via gavage (experimentally placing the chemical in the stomach) and nasal tumors after inhalation exposure. The EPA has classified propylene oxide as a Group B2, probable human carcinogen."

I can hear you saying it right now (at least you should be saying it) – "no more almonds." Not so fast.

It appears that the law of the land states that all U.S. grown almonds must be pasteurized – a result of a couple of e-coli cases from the past. Forgive me, but what a bunch of junk that is. This is, indeed, another case of severe governmental overreach and the desire of the FDA to protect the pharmaceutical companies and our own, all-American, non-food, food industry at all costs – your health and life included. I can tell you, without reservation, that I could sit down and eat 30 almonds loaded with e-coli – and I would be fine. "How, you ask?" I would simply drink the right kind of ionic silver or hypochlorous water afterwards, and it would kill the bacteria dead. That's how. Boy, am I in trouble again. Don't tell anyone about that! Or tell everyone!

However – and here's the good part – it appears that our food police allow "imported," non-pasteurized almonds to be sold in our country. Say what? Yes, once again, we've managed to reach the height of hypocrisy. So, if you want almonds that haven't been poisoned and robbed of their nutrients, contact Living Nutz at www.livingnutz.com.

Another two foods that I would get plenty of – and that I believe are a "must" for cancer patients – are wheat grass and barley grass. Both of these contain all the essential amino acids and are rich in live enzymes, fiber, vitamins, minerals and chlorophyll. If you recall your plant biology, you will remember that chlorophyll is essentially the "blood" of plants. It is similar to the hemoglobin in our own blood but, instead of iron, it contains magnesium. And most of us are deficient in magnesium. The wheat grass can be a little difficult to obtain because you must juice it with a good juicing machine and you have to either raise it yourself or buy it at your local co-op, health food store, or through an Internet store. It is worth the trouble and, personally, I love the taste – a little sweet. You can also acquire it as a "frozen juice", in powder form, or tablets. Obviously, fresh-juiced is best – but these others will work, as well. Barley leaf or barley grass is best found as an organic supplement and I take it in pill form. I think the best is Barley Power™ from Green Supreme – but do your research and find what works for you – and take lots.

In my opinion, a cancer patient must use these two foods in their diet. They not only are rich in nutrients and very alkaline, they help to detoxify the liver, neutralize pollutants, and improve oxygen supply. Don't go without them. I wouldn't.

Eat onions, garlic, ginger, turmeric (eat tons of turmeric – one of the most anti-cancer foods in the world – actually kills cancer cells), brown rice, millet, quinoa, amaranth, teff (world's smallest grain) and buckwheat. For a complete listing of what is allowed and to get the most in-depth look at what a "real" cancer diet should contain, go to the Internet and enter "anti-cancer diet" and be amazed at how many books and how much information pops up. You will be able to make your diet plan from what you will find there. Follow the examples I have given previously in this chapter.

I am a coffee drinker (small amount) like many Americans today. I do not, however, recommend coffee for cancer patients. It is normally much too acidic and puts unneeded stress on the adrenal glands. And, I can hear the die-hard, lifetime coffee consumers screaming bloody murder right now. Bear with me for a moment.

For some time now, I have made my morning coffee with 9.5 pH, ionized water and discovered that, after brewing, the pH is still between 7.0 and 7.5. Based upon this finding, and knowing that prying this caffeine fix away from an addicted, life-long imbiber is futile, I would concede a very small amount – made as above – for those who would succumb to their recently ended addiction prior to their cancer. Given that fact, and having just seen the earth move around my great-grandmother's grave, I offer now some great suggestions.

There are new coffees that include Ganoderma Lucidum, which is the scientific name for a species of red mushrooms (Red Reishi) that have grown wild for thousands of years in Asia. This mushroom is said to have more than 200 active elements known to improve health – and I believe it. A super antioxidant, Ganoderma works mightily to strengthen the immune system (cancer patients need this) and helps with stress, toxins, infections, and improves circulation and respiration. It is currently being studied and researched as a ***treatment*** for cancer and other diseases.

The coffee itself is made from premium quality coffee beans, combined with the Ganoderma Lucidum, and produces a very rich blend and aroma that – I can personally say – is excellent and almost identical to my regular morning cup. The final product is alkaline, not acid, and is actually very good for you. While many companies are advertising similar products, my brand comes from Gano Excel and is their Ganocafe Classic. Get additional info at www.GanoExcel.us. Also, consider Dr. Joel Wallach's (*Dead Doctors Don't Lie)* JavaFit Gourmet Coffees from Youngevity. In addition, Asantae Java, the new antioxidant/alkaline coffee is another consideration. Choose what you like and go for it.

For a cookbook for cancer patients visit this site:

www.cancerfreefoods.com

One of the great finds I have made recently is the just-published book by my new friend, Anne Meinke. Entitled *"Rawspiration,"* it is a compilation of tips, techniques, and recipes that actually make raw food taste good (for you unbelievers). I know because I attended an event where Anne prepared and presented several of her new recipes. Without reservation I can say that I truly enjoyed these offerings. In the book you will find how to prepare everything from Raw Mama's Tacos to Plant-Based Lasagna and Quinoa Salad to Buckwheat Brownies. Cancer patients often complain that the new "cancer diet" leaves them nothing enjoyable to eat. Absolutely not so – and within the 130 pages of this work Anne proves me right. Find it on Amazon.

Please note that cancer patients should go easy on cooked recipes and major in raw foods. Follow the 80/20 rule: Eighty percent of every meal should be fresh, raw or lightly steamed. Twenty percent of every meal can be cooked or slightly acidic.

And here is a bit of wisdom from Sue and Barry Wilcox regarding plant-based foods and their nutrients that refutes (factually and righteously so) the myth that one must get their protein from animal products (from their book *"Change Your Food…Change Your Life – 101 Recipes for an Alkaline Lifestyle"*:

> "What about protein and calcium? Many people wonder where we obtain these important nutrients if we limit our animal protein products. In short, all green leafy vegetables and grasses provide a substantial amount of calcium as well as iron, magnesium, vitamin C, and many of the B vitamins. Plant-based foods have a much greater nutrient composition than animal-based foods. The main protein foods in a vegan diet are: (1) pulses – the edible seed of peas, beans and lentils; (2) nuts; (3) seeds; and (4) grains – all of which are relatively energy dense. Pulses average 27 percent of calories from protein. Nuts and seeds average 13 percent of calories from protein, grains average 12 percent. Plant foods can supply the recommended amount of protein if you are making good choices."

We can understand the folly of believing only good protein comes from animals (meat, milk, etc.) when we look out into a field flowing with green grass and see a muscular, half-ton bull who – to my knowledge – has never eaten a steak or dined on a pork chop. Life's funny that way. It appears that this "vegan" animal has done just fine on his "greens." Consider the alkalizing superfood, pHresh Greens for your greens and Sun Warrior vegan protein – both of which I recommend highly.

Please note to use the recipes that are in line with the "cancer diet" protocol in this chapter – most of them in the books we recommend will be. Be innovative and make it work for you. Personally, I have no financial interest in any of the companies or websites forwarded in this book and receive no remuneration from these recommendations.

SALT AND PEPPER

We are not going to spend a lot of time on black pepper. Just know that it is very acidic and should be avoided by cancer patients (except a small amount when consuming turmeric).

Salt is, however, a very different story. We have been advised by our doctors and T.V. sets to avoid it or significantly reduce our intake at all costs. Salt is purported to be directly related to high blood pressure, heart disease, and almost all other sickness known to man. Now, here are the facts:

Table salt (sodium chloride), stripped of all its minerals, blanched, bleached – and who knows what else – is indeed not good for you and may certainly cause and contribute to the medical conditions mentioned above. As a result, many are turning to "sea salt" and declaring that it is good. Be advised that, herein, the deception begins. You see, all salt is "sea salt" as it originally came from the sea. The problem arises when man gets hold of it and reduces it to just sodium chloride and, perhaps, some synthetic iodine.

I would not eat any salt that was white. Instead, I would look for a "full spectrum salt" – one that is original and unadulterated – containing all the basic 84 additional minerals that it was born with. Full spectrum salt is, essentially, a health food. Your body actually "requires" it. These salts contain minerals in the same concentration as your blood does (or is supposed to). They increase energy by improving cellular communication, help eliminate cellular toxins and improve nutrient absorption.

Friends, full-spectrum salt is truly organic – dug from the ancient sea caves and virtually not processed, allowing it to keep its health and healing attributes intact. I use Himalayan Salt and it is a reddish-brown color. Make sure your salt has color – indicating that it has not been stripped or processed and the minerals are still there.

THE BUDWIG PROTOCOL

The key ingredient of an oxygen and alkaline-rich cancer diet is – and has been for some time – the now, world-famous, "Budwig protocol." It is so-named for the woman who researched and discovered the miracle of combining the omega 3 fats of flax oil with the sulfurated protein of organic, low-fat cottage cheese (or kefir). This one formula has probably helped more suffering cancer patients than any other food, supplement, or anti-cancer protocol – or any combinations thereof.

Although simple in its design and ingredients, the complexity of how it works is beyond the scope of this book. Suffice it to say that the fats and proteins, when mixed thoroughly, produce a mechanism to "unlock" or open up the cancer cells and force in oxygen. Remember, cancer hates oxygen and cannot survive in its presence. Listen: it works, and there are literally thousands of testimonies to prove it.

The recipe calls for an approximate 2 to 1 ratio of the basic two ingredients – two heaping tablespoons of cottage cheese for every tablespoon of organic flax oil. I recommend organic, low-fat cottage cheese from your local health food store and Barlean's™ brand flax oil (I believe it to be the freshest and best – but choose what you like). Always refrigerate both, however, whatever you choose.

Mix the cottage cheese and flax oil (also called linseed oil) with a spoon then with an immersion blender (hand held). Now, this next step is really important. In order to be effective, these two must be blended well enough to virtually become one substance – almost like whipped cream. Thirty seconds to a minute should do it. Next, grind up some fresh brown flax seeds (with a small coffee grinder) and mix them in. Grind only what you will use for that portion because they will go rancid after grinding if left too long. Refrigerate the remainder of the "whole" flax seeds. You can add fresh lemon or lime juice, Vietnamese cinnamon, or some stevia to flavor, and ground almonds, walnuts or macadamia nuts. Let the completed mixture sit for five to ten minutes prior to consumption, to allow the "chemical reaction" to take place. I have eaten it plain (with no additives) and it doesn't taste bad at all. If you absolutely cannot handle the flavor, you can add a couple of blueberries, raspberries, strawberries, etc., if you must. Go easy on these. Eat a half-cup to a cup (at least) of the mixture twice a day.

I have been told that cottage cheese ceases being a dairy product once it is mixed with the flax oil. I cannot prove that – but it makes no difference. I believe this protocol to be a "must" for a cancer patient. I would make this a primary and daily regimen of my anti-cancer diet.

To see a short video of how to prepare this "meal," go to the link below and scroll down to "Dr. Johanna Budwig's Healing Diet and Protocol" and click on the video:

www.americanaci.org/budwig-protocol.html

As of this writing, there has been published a "Budwig Diet Revision" paper that calls for different ingredients based upon, essentially, the same science. This "revision" calls for cold-processed whey instead of cottage cheese, and wild salmon oil in lieu of flax oil. I have reviewed this new protocol (and have looked at other opinions) and the data behind it appears to be very controversial, at a minimum. I believe that whey and wild salmon oil can be a good part of a balanced diet. At this time, however, without the reams of empirical evidence that the Budwig Diet boasts, I would not "switch" to the revision and would not consider adding it to my anti-cancer routine. Investigate for yourself.

KETOGENIC DIET – KETONES

I have been studying and watching the ketogenic diet and the ketone "phenomenon" for a couple of years. While I have yet to fully endorse it as a very special answer to cancer (like some have), I find it very interesting and the science fundamentally sound.

Ketones are basically chemicals that your liver makes from fat metabolism when your body doesn't have enough insulin or sugar to turn into energy. Your body then uses these ketone bodies for energy. You are now in "ketosis." A typical ketogenic diet consists of from 70-75% good fats, 20-25% protein, and 5-10% carbohydrates (again, good carbs).

This type of diet will keep one in the state of ketosis (no, it is not close to Texas) with energy derived from fats not sugars. As a result, your body becomes largely devoid of sugar – and it is generally just fine with that. It is bad news for cancer, however. We know that sugar is the main food or source of energy for cancer and the causative factor for inflammation and the spread of this disease. The ketogenic diet literally "starves" the cancer. I like it. We have also heard of people doing fasts of up to 21 days or so which, then naturally, puts the body into ketosis as a result of no sugar intake. The body will burn your fat and produce ketones. I know of many testimonials for cancer remission through this diet and fasting. Sounds interesting, doesn't it? I would give this careful consideration with cancer. Do some research yourself on this. Also, understand that there are some studies out there that completely reject the ketogenetic diet for cancer. If it was me, I would seriously consider a "plant-based" keto diet. You heard that right. Dr. Charles Majors used ketone bodies to reverse his brain cancer. Hear a synopsis of how he did it in his own words:

> "I had stage-4 bone marrow cancer that metastasized to the brain. My brain cancer was secondary, but it is what was shutting my body down quickly. I had lost over 50 pounds and was so weak I was in a wheelchair. I not only had to reverse the bone marrow cancer that was primary, I also had to quickly bring down the cancer in my brain and reverse that as well.
>
> "The brain needs glucose 24 hours a day to function. Since sugar feeds cancer, the brain is taking in sugar 24 hours a day and the cancer is being fed 24 hours per day. But if you understand the brain, you will also know there is another fuel the brain will use and prefers over sugar – it's ketone bodies or keto acids. Ketones are what your body produces when it converts fat (as opposed to

glucose) into energy. I made the switch immediately to get my body in ketosis, so the only fuel my brain was getting was ketone bodies. Normal healthy brain cells use ketones for fuel but cancer cells (because their mitochondria is damaged) cannot use ketone bodies and the cancer begins to die. I still monitor my body to make sure my sugars are low and I'm in ketosis. It is now over five years and I am cancer-free and I'm the healthiest and strongest I have ever been. Again, the only cure for cancer is getting to the cause(s)."

CONCLUSION

What you eat (and don't eat) during the length of your cancer "experience" will make a significant difference in the eventual outcome. Many people have been known to heal their cancer through diet alone. I have personally spoken with a 70-year-old woman who was stricken with pancreatic cancer at about age 40. Keep in mind that pancreatic cancer is virtually always fatal when addressed by and through conventional medicine. She followed a "diet only" treatment plan and resolved her "doctor diagnosed death sentence" on her own – in relatively short order. She was alive and well when I spoke with her a few years ago, some 30 years after that event.

Please, don't tell me that diet is not that important, and don't listen to those who do. We know that many doctors don't believe that it plays any part in this disease but – on this count – they are simply wrong. With cancer, the significance of diet cannot be understated. It can literally make you or break you. The correct cancer diet will alkalinize and oxygenate your body, which can essentially stop the growth of (and kill – or revert) cancer cells. This protocol will also "feed" the good cells that are critical to your recovery.

While there are no guarantees, most people who flee conventional treatments and embrace a proper nutrient-dense, alkaline and oxygen rich diet – get well. If I had cancer, I would definitely get on the right diet protocol. And, I have no doubt that it would be the key to strengthening my immune system and healing me.

One last thing. Listen to what my friend (previously mentioned), Sayer Ji, says about food: "As I have discussed in previous articles, food contains micro-RNA's that are packaged in microvesicles known as exosomes, and which have been found to survive digestion and cooking, enter into systemic circulation within us, and affect gene expression. The implications of this are revolutionary insofar as we can start to understand that food is more than just medicine, but that essential governing part of our health that also provides genetic and epigenomic stability to our species. That's one reason why the absence of certain foods in our diet has at least as much to do with information deficiency as it does mineral and nutrient deficiency, and why we have focused on spreading awareness of the fact that food is a source of gene-regulatory information before anything else. This also means that **GMO foods can dramatically alter and disrupt** our gene expression in a way that risk assessments presently do not explore."

I told you he was smart. And, this is indeed "food for thought."

Oh, one last thing. NO CHOCOLATE (with caveats – more later). Sorry.

CHAPTER FIVE

STEP TWO OF THE CANCER DIET: SUPPLEMENTS

"If you have had breast cancer, if you are at high risk for breast cancer, if you are afraid of getting breast cancer, or if you are just smart, you will take cod liver oil for the rest of your life."

Dr. Bruce West – *Health Alert*

While the right food and water are the baseline for stopping your cancer in its tracks, it will be a combination of unique supplemental, nutritional products that help to turn it around.

Mentioning "supplements" to someone can conjure up all kinds of visions. At one time or another, we have all been introduced to lotions, potions and elixirs with attached claims that usually don't materialize. Hence, a multitude have jumped from one product or one company to another in search of the "Holy Grail" of health and healing, while many others have just given up.

The truly encouraging part of this is the reality that, as many abandon the quest, others are finding that the "supplement world" is now producing some real game changing – and life changing – products. What is particularly interesting to those of us that forward "alternatives" – and particularly dismaying to conventional researchers and allopathic medicine – is the fact that these supplements are coming from natural sources, are non-toxic, have virtually no "side effects," build the immune system, and are actually good for you.

You see, pharmaceutical companies make their billions by taking natural elements and compounds, i.e., taxol from the Pacific Yew tree to make the drug Paclitaxel (or Abraxane) (yuk!), synthesize them into unnatural compounds that may suppress some symptoms but have no healing or normalizing capacity (and multitudes of terrible side effects), test them marginally, declare them good, then sell the paperwork to the FDA for approval. The process becomes complete when you take the pill that, ultimately, will produce other maladies within your body which require more pills – and on it goes (remember Dr. Steger's death ritual?).

Imagine the conundrum when a major drug company discovered graviola in the Brazilian Rain Forest. If you remember the movie "Medicine Man" with Sean Connery, you will get the connection. Well, shortening the story, this company took the leaves, branches, bark, roots, and flowers from this tree (graviola) and used the extracts from them "in vitro" (petri dishes and test tubes) to determine their effect on cancer cells. Guess what? The extracts killed all the cancer they came into contact with. So, naturally, the next step for a good drug company would be to ***not*** offer the inexpensive extract to people to cure their cancer. For Heaven's sakes, there's no money in that! No, the stuff had to be synthesized into a drug that could be patented and sold for billions.

The problem was that "Mother Nature" was too smart for the drug researchers. You see, God already had the patent on this stuff. They were simply not able to make it into a drug that would do what the raw extract would. So, once again, like a responsible pharmaceutical company should, they buried the research so nobody could have it – about eight years after they started. And just how many other "graviolas" do you think are out there?

To finish the account of this now well-publicized cover-up, eventually an employee who had worked on the project (as this story is told) left the company and spilled the beans. Supplement companies jumped on it, headed to the rainforest, harvested, tested and produced an extract that is a "natural chemotherapy" – a harmless agent that is said to be 10,000 times more effective than toxic chemotherapeutic drugs – but, alas, with no side effects. You can buy graviola on the open market now, but the American Cancer Society and all other governmental agencies will tell you that it doesn't do anything and is ineffective. This, my friends, is the real problem with supplements today. Many work wonders but are not allowed to see the light of day by the "powers that be."

Go to the ACS website and check in under "Complimentary and Alternative Therapies." There are only three lines of description for alternative therapies that lie just above "Fake Treatment: Quackery and Fraud." To paraphrase, it states that alternative therapies are either unproven because they have not been tested or disproved as they have been tested and found to not work. Yeah, right. And chemotherapy has been tested and proven to work? Can you see the fallacy here? There is no scientific evidence because all "allopathic truth" (under their own law of scientific evidence) must be produced by clinical trials that cost hundreds of millions of dollars. And the FDA, et al., knows that no one is going to pay that kind of money to clinically test a natural product that cannot be patented. Or, it has been disproved because we say so. End of story.

To be fair, many supplements sold today are not worth the bottles that they are sold in. You really must be careful and undertake your own due diligence here. Study up. Please, don't settle for supermarket-bought synthetic vitamins, "super juices" of unknown origin, or unproven technology of any kind. Supplements for a cancer patient are critical – why would you skimp or settle? Don't do it.

Frankly, I recommend very few supplements. I've just told you why. What I will present to you next are the exact products (supplements) that I would use if I had cancer. These are not "type of cancer" specific (with the exception of some protomorphogens). I've said it before, and I'll say it again – and some will want to argue with me – but they won't win.

Cancer is cancer. There are different classes and kinds, names and definitions, and many and various sites where it is found. For the most part, however, with very few exceptions or additions, it is all treated and healed the same way – by giving the body what it needs to normalize itself.

Good supplements play a critical part in this cellular equalization. We can disagree about how you acquired your disease or how your doctor describes it, but there should be no arguing that you must do ***whatever*** is logical, effective and (naturally) necessary to rid yourself of it. With all cancer, the immune system is weakened and it must be restored if you are to have a chance, regardless of whether you have melanoma, liver cancer or ductal carcinoma in-situ (no longer recognized as cancer). So, it doesn't matter what "type" or what "name" you put on it. What matters is that you make the right decisions and engage in the appropriate procedures that will enable your body to kill it. Enough said.

There are literally thousands of nutritional and topical supplements in the marketplace today that are available for purchase through several different mediums. No matter how you acquire them, you must make sure that you are getting those that have real empirical proof behind them – not "borrowed" or "adopted" science. What this means, simply, is that the data, testing, and evidence supporting the product is for that individual entity itself – not for a generalized or similar category. For example, synthetic Vitamin E is not – nor should it be compared with – natural, mixed tocopherols. Similarly, ascorbic acid is not the whole Vitamin C complex. Fractionated vitamins do not include all of the supporting elements and nutrients found in organic whole foods. And, so on and so forth. Please, do not waste your hard-earned dollars on any single item that will not be efficacious for your health or healing – especially if you have the challenge of cancer.

PHYTONUTRIENTS/PROTOMORPHOGENS

Speaking of vitamins, I would try to get the majority of these and the necessary minerals and enzymes through the whole foods that I would now be eating on the proper anti-cancer diet. Then, I would supplement with organic phytonutrients (from plants) that provide the entire realm of vitamins, minerals, enzymes and activators, and organ/tissue-specific protomorphogens (tissue extracts) that contain "the tiniest specks of life" made specifically by your body for each kind of tissue. Most of us can say we are reasonably familiar with phytonutrients, but have very little or no understanding of PMGs (protomorphogens). Let's go to "PMG 101" to find out exactly what they are and what they do within the human body – especially for cancer patients.

According to Dr. Bruce West, here is what you need to know about PMGs:

> "Verified by scientists, including Bechamp, Rife, Beadle, Northrup, Robertson, Turck, and others, the theory of PMGs sheds light on how the body controls its own cell growth and heals itself. When viewed under a special microscope like that used by Royal Rife or Gaston Naessens, human blood teems with super-active life in the form of the smallest particles imaginable – PMGs. The same blood under any other microscope, even the electron microscope, appears almost dead with only the red corpuscles, platelets, white cells, etc., being viewed.
>
> "When injury or disease to a tissue, gland, or organ occurs, the body's production of PMGs changes. These specks of life kick into high gear and control the healing process. They are involved in the way the body produces antibodies and they maintain the health of the tissue. According to the theory, in cancer the PMG blueprint is altered and cell reproduction goes on uncontrolled. Without regaining some control, the result is ever-expanding cancer and tumors.
>
> "Lee (Dr. Royal Lee) knew that humans could 'borrow' certain body materials from animals. Examples include thyroid hormone from pigs and female hormone from horses. He developed patented equipment (he held more than 75 patents) to actually

> extract the PMG material from animal glands, tissues, and organs. He did this for 23 tissues, producing PMG supplements that were processed without heat, maintaining their specific blueprint integrity and function.
>
> "By taking PMGs of the diseased tissue by mouth, it was soon discovered they had a healing and controlling influence for the patient suffering from the disease. This was proven with lab tests, x-rays, and functional analyses. And, for the patient with cancer, PMG therapy is absolutely essential. In fact, without adequate PMGs (either from within the body or from supplements), chances of surviving cancer are nil." Health Alert, Special Report #3-5, Dr. Bruce West.

Folks, listen to this doctor. I have, I did, and I do. Doctor Bruce West has probably helped heal more heart disease patients than any doctor – dead or alive. He knows whence he speaks with regard to disease and supports and recommends these phytonutrients and protomorphogens to patients suffering from every ailment known to man – including cancer. The supplements that he recommends (and that I take) are, largely, from the company known as Standard Process™. Their lineup of over 160 whole food products is mostly grown organically on their own farm in Palmyra, Wisconsin – and has been since 1929. Some raw organic product is bought outside. These supplements are sold exclusively through "health care professionals", and many of those appear to be "on-line" (find them there). I have procured mine through Dr. West's company, Health Alert, and have been very satisfied with their service. Dr. West has no stake in Standard Process™; he desires only to offer the best products that make a real change in patient's lives. I also have no financial interest in recommending these supplements or Dr. West.

If I had cancer (even if I didn't), I would be on these phytonutrient and protomorphogen products immediately. I would also subscribe (and I do) to Dr. West's Newsletter, *Health Alert*, as it is chock-full of what I like to call "the real truth about disease and healing." I feel it's a bargain at 10 times the price and goes for only $39 per year. Reach his office at 831-372-2103 or 888-525-5955 and website at www.healthalert.com. Again, I have no financial or other interest here (save getting you what you need to heal).

ALOE ARBORESCENS

Most people have heard of aloe and some still keep a potted aloe vera plant for the purpose of slathering its healing gel on a burn or abrasion, but very few know of aloe arborescens – even though the first record of its pharmacological use was found on a Sumeric tablet dating back to 2100 B.C. Aren't we paying attention (sorry)? With this derivative of aloe, there is a long history of study, research and use – but you can review that at another time. What you need to know right now is that this variety of aloe is said to have a 300% ***stronger curative potential*** than aloe vera.

Father Romano Zago, a Brazilian Catholic Friar, is the one generally credited with bringing the knowledge about aloe arborescens to the world. His is another interesting story about unselfish service and dutiful research, and he has recently forwarded this life changing preparation and written about how to make and administer the healing concoction.

His original formula consists of juice from organically grown and timely harvested (five-year-old) aloe arborescens leaves, unheated, pesticide-free raw honey, and 1% certified organic alcohol for effective absorption. Dosage calls for 2-3 tablespoons per day consumed 20-30 minutes before a meal on an empty stomach. It can be taken for ten days on and ten days off – or steadily until the condition is resolved (cancer). You can find the story of this incredible product and the original recipe (in Father Zago's own words) at www.aloearborescens.org or by purchasing his book, *Cancer Can Be Cured*, at Amazon.com. Also, you can find excellent information about this extract and homeopathic solution at the following website page:

http://cancertutor.com/Cancer03/AloeArborescens

Aloe arborescens is an anti-inflammatory, pain inhibitor, anti-fungal, anti-microbial, immune system builder – and the rest of the list of its health-inducing properties is many pages long. It contains 4 times as many enzymes as aloe vera, 20 amino acids, and is a virtual cornucopia of essential minerals and vitamins.

If I had cancer (or not), I would immediately acquire and begin ingesting this supplement. Make it yourself or find a good source. Deca Aloe Arborescens U.S., markets the original formula that is endorsed by Father Zago. Actually, the Deca Arborescens Galenia® mixture is the only brand that is authorized to carry Father Zago's signature and picture on the label to vouch for the authenticity of the exacting recipe.

You can acquire this product from Deca Aloe Arborescens US LP at www.aloeproductscenter.com. It runs about $69 for a 16-ounce bottle.

TRANSFER FACTORS

Transfer "what?" Actually, it is probably something that we should all know about – but we don't. When a baby is born, its first food is generally its mother's milk. Transfer factors are essentially immune system molecules that are transferred from mother to child in the "colostrum" or "first milk" of this process that effectively establishes the immune system of the newborn.

In its purest sense, transfer factor is a natural substance that teaches the immune system to identify and kill infectious agents within the body. These "factors" are also present in the colostrum of cows and goats. This "first milk after birth" is collected, transfer factor molecules are obtained, dried and, subsequently, encapsulated in an "all natural" form for human consumption.

Over 3,000 papers have been published on transfer factors and more than 50 years of research has been done. There are virtually thousands of testimonies to its efficacy and immune building proclivity. A recent "blinded cytoxicity" study showed that transfer factors increased Natural-Killer Cell effectivity by 248% (Independent NK Cell Study

Report, Calvin W. McCausland, Ph.D., Emma Oganova, M.D., Ph.D.). Another study involving transfer factor testing revealed inducement of immune-based lysis (breaking down or destruction of cells) of K562 cells (erythro leukemia cell line) at unprecedented levels (Institute of Longevity Medicine, California, 11.05.99).

A study on 20 Stage IV (late stage) cancer patients (12 males, 8 females) with physician prognosis of approximately 3.7 months to live showed a remarkable result. Of these 20 patients who were supposed to die in less than 4 months, 16 were alive, in remission, and prospering a year later. They were given transfer factors, digestive enzymes and beta glucans – immune system boosters (study by D. See, S. Mason, R. Roshan, Center for Advanced Medicine, Encinitas, CA, 2002).

As you recall, a strong immune system is really the only way to beat cancer. It has the ability, it has the strength, it can do the job – but only if it is "fed" the proper foods, water and supplemental nutrients that will allow it to do so. It is beyond any doubt that transfer factors establish and boost the immune system and, if I had cancer, I wouldn't be without them.

Bottom line: I would definitely consider transfer factors in my "alternative" treatment for cancer. Go to www.4life.com to acquire "Transfer Factor Plus" for about $57.

ORGANIC IONIZED/PICO SILVER

I'm always surprised to find out that most people still do not know the story of silver or "silver water" and its healing properties.

Silver is, basically, eternal and our ancestors knew of its wondrous capabilities and healing properties. Pioneers in covered wagons placed silver dollars (coins really made of silver) in their milk and water to retard bacterial growth. It was used in the late 1800's to prevent eye disease and in the early 1900's in wound dressings and for burns. The discovery of antibiotics drove silver from the marketplace despite the fact that silver was – and is – much more effective than these drugs, and pathogens cannot build an immunity to it. Silver is currently being used in burn centers (to some degree) and silver fibers are being woven into outdoor and sports clothing to inhibit odor-causing bacterial growth. It is also utilized in washing machines for the same reason.

For example, Samsung recently introduced a washing machine that kills 99% of bacteria in cold water by using silver ions. Addidas and Polartec have licensed a silver-coated nylon fabric known as X-Static™ that incorporates germ-killing silver into athletic and outdoor clothing. Curad and Johnson and Johnson offer bandages with ionic silver impregnated into the gauze. AcryMed, a nanotechnology company, recently announced FDA approval of its SilvaGard™, a silver nanotech coating to protect medical devices from bacteria. Nexxion makes ionic silver coatings for catheters, I.V. needles, and other medical devices. "To date, no pathogens have been able to survive contact with silver." Silver data is from the April 17, 2006 edition of *Chemical and Engineering News*, and the quote from Bethany Halford and her article entitled, "A Silver Bullet for Infections," from the same source.

Silver is proven – but not yet approved by the FDA for internal medical applications. Hence, no claims can be made for it. Colloidal and ionic silver are basically solutions of microscopic silver particles suspended or dissolved (there is a difference) in pure (distilled) water. These substances kill microbes and bacteria and strengthen the immune system. There are many, many testimonies about their healing properties and anti-cancer abilities. Many people drink from an ounce to a quart a day. And, no, properly made and used elemental colloidal silver and ionic silver solutions do not turn your skin blue (argyria).

You need to know that there is a battle going on in the silver industry when it comes to what is best. While you can find colloidal silver, Mild Silver Protein, ionic silver and others, we believe that we have found a couple that are best, by far. Don't get me wrong, these others will probably do you some good. But we wanted the best – and our search brought us to organic, ionized silver and pico-ionic silver, specifically, ***"Silver Angel"*** and Dr. Carolyn Dean's ***"Pico-Silver Solution."***

For ***Silver Angel,*** here's why – and it comes right from the PhD physicist who designed the product after many years of research and Intelligent Scientific Design – and the suppliers, the Eutrophean Health Institute:

> "Silver Angel is a very powerful natural antibiotic-antifungal solution that is so strong and effective that it can destroy and remove from the body almost all yeast, fungi, bacteria and viruses. Silver Angel contains more than two hundred thirty parts per million (230 ppm) of organic ionized silver. It is a strong catalyst that dissolves an enzyme which all single-celled pathogenic fungus, bacteria and viruses use for their oxygen supply. The lethal consequence is they suffocate and die upon contact with this specialized silver.
>
> "Silver Angel is the most advanced, scientific discovery in silver preparation ever designed. It is not colloidal silver, but is ionized silver, which has been manufactured by a special patented process that combines the silver with fulvic acid, a natural constituent of and, produced by, the soil's friendly bacteria. This acts as a catalyst and when electrolytically interacted with the silver, it ionizes the silver particles and dissolves them down into extremely small particle sizes ten times smaller than .001 microns. This dissolving of the silver allows the silver ions to remain separated and in solution indefinitely and gives it a higher degree of absorption and diffusion throughout our body.
>
> "This creates a destructive force against pathogenic organisms greater, perhaps, than any natural antibiotic ever discovered. The major disadvantage of all colloidal silvers (96% of all silvers sold today), is the irregular and large particle size, ranging from .001 microns to .009 microns and even bigger. Particle sizes in Silver Angel are guaranteed 98% to be .0001 microns in diameter and, at

> 230 parts per million, is the finest, most powerful, most successful, and the most professional form of organic, ionized silver available today. Silver Angel is ten times smaller than colloidal silvers and is one thousand percent more powerful and effective in its therapeutic use."

Enter Dr. Dean's ***"Pico-Silver."*** It is created by a process that makes stabilized silver ions. The proprietary process creates a mostly soluble solution containing 95-98% positively charged ions with no negatively charged ions in a biologically active and stabilized silver ion formula in the 125 picometer size range. Smaller, of course, is better when talking about the size of the silver. Remember, these ions need to get into the smallest of capillaries to be able to access all the tissues of the body. Both of these silvers mentioned have the ability to do that.

You know, I could go on – there is so much information describing the benefits and efficacy of these products. I believe that they truly are the best silver products on the market today. If I had cancer, I would be drinking this stuff. Come to think of it – I drink it anyway, lots of it. I am well, haven't turned blue, and don't look like a "smurf".

You probably couldn't ever drink too much of this – but I would start slowly. Don't take it straight from the bottle, dilute it in at least 2-4 ounces of juice or good water. Start with a teaspoon per day (diluted) then go to two per day then three – slowly, over a three-week period. The therapeutic dose is higher, several ounces per day for severe health challenges. To test it, I drank an 8-ounce bottle in one day and had no bad effects from that amount.

Those with cancer (actually, almost all of us), need to get the candida (fungus) out of our bodies. We are literally overrun with it and its waste accumulates within us, creating a major problem that is the harbinger of disease – and its sustainer, as well. If you have Hepatitis C, chronic Lyme Disease, or any other fungal, bacterial, or viral condition, silver is the product for you – without doubt. I always keep several bottles of both brands in my medicine cabinet. Friends, this is ***"real"*** medicine in my opinion. I don't see how one can possibly go wrong with these – also for colds, flu, food-poisoning, cuts, scrapes, sore throats, etc.

You can acquire ***"Silver Angel"*** from CJ at the Eutrophean Health Institute, 719-487-3083 or www.silverorganic.com. Get the ***Pico-Silver Solution*** from Dr. Dean at www.rnareset.com.

PROTANDIM®

A combination of milk thistle (seed), bacopa, ashwagandha root, green tea leaf and turmeric, Protandim® is touted by many to be the greatest antioxidant supplement ever produced. The ingredients just listed should make that last statement no surprise. I believe each of these extracts to be very "anti-cancer" on an individual basis. The synergism created through the combination, however, puts this supplement literally off the charts as far as antioxidant activity is concerned.

Also known as "the Nrf2 Synergizer," Protandim® activates the transcription of more than 200 genes that protect against oxidative stress and inflammation," as stated by a study done by the University of Texas Health Sciences Center in San Antonio. In a nutshell, and I've seen and heard this many times now, a single dose of Protandim® has the ability to neutralize at least one million free radicals per second for 13 days! This is a direct result of its ability to activate the SOD (super oxide dismutase) enzyme.

The same study mentioned above calls the Nrf2 signaling pathway "a guardian of healthspan and gatekeeper of species longevity." You know, I believe that to be a good thing. How about you?

LifeVantage, the creator and producer of this product, states on its website: "Comprised of natural plant ingredients, Protandim® is a patented, science-based, research-backed formula that has been tested and validated by renowned universities and institutions. It is the only supplement clinically proven to reduce oxidative stress in humans by an average of 40 percent in 30 days."

Another peer-reviewed study states that Protandim® produces a 300% increase in the antioxidant glutathione – which we commonly refer to as the "master antioxidant."

Friends, this is as anti-cancer as it gets and one of my highest recommendations – with or without cancer. And, the testimonies are coming in like crazy. From fibromyalgia to nearsightedness, extremely increased energy levels to sound sleep, Protandim® appears to be one of those products that will help just about everyone with almost every challenge.

At the International Wellness and Research Center (formerly the American Anti-Cancer Institute), we have now heard of several people who claim that their cancers have been healed and they used only this product. Of course – and once again – we will tell you that Protandim® doesn't heal cancer. Put it together, though. A product that actively scavenges the inflammation and free radicals from the body must play a major part in restoring epigenetic pathways and healing a damaged immune system. And, so it does. We will offer you one testimony (below) – there are many more. In her letter to Bill Henderson, "Sally" writes:

> "Hi, Bill. I just had to write to tell you my further results with the Protandim® and my stage 4 ovarian cancer. The doctor had done a CA-125 cancer marker test at the end of November (2012) before my first chemo. The number was in the 600's. Another CA-125 was done before my second chemo on December 19th, 2012. I didn't know until yesterday (January 10th) that my CA-125 had jumped to 1,600! I was shocked to learn that.
>
> "I just had blood work done this Wednesday (January 9th, 2012) and my CA-125 was down to around 350! All my blood work numbers looked good. It was the 20th of December, the day after my second chemo, that I started taking Protandim®. Protandim® is the only thing I've done differently and I believe it

> was responsible for the huge drop in my CA-125. I was also told there was a marked decrease in the cancer in my lungs. This has all taken place over about three weeks! I was supposed to have my third chemo today, but because of sinus infection and running a fever (natural healing symptoms) it had to be cancelled. I'm still amazed at how much the number dropped in just one month. All my other numbers were just fine. My immune system, platelets, kidneys, etc.
>
> "I'm so thankful I found the Protandim."
>
> -Sally

Sally takes two Protandim® tablets per day. And, so do I. Way to go Sally! Wishing you continued good health and healing!

Believe it or not, there is now a Protandim® for dogs called "Canine Health." Oxidative stress actually affects dogs more than humans. Animal Health Consultants, a "third party" animal health testing company, utilized a double-blind, placebo-controlled study on 80 different dogs in two locations. Their results proved that "Canine Health" reduced oxidative stress, supported brain, heart and eye functions, supported joint function, mobility and flexibility, and supported cognitive function.

Does Protandim® work? Well, Sally thinks so – as do many others, including me. Oh, yes, Fido, too! Look at the science, the ingredients, the studies and testimonies. Makes perfect sense.

Please acquire this life-changing product from a Protandim® distributor or at www.lifevantage.com.

SOUL

Pain. It appears to be one of the constants in our society today, in one form or another, especially with cancer. Back pain, arthritis pain, gout pain, migraines, etc. This needs no explanation – we all have experienced one or more of these – or something else.

Well, it has finally arrived. Please sit up and take notice – this will affect all of us. We have discovered (we don't produce it) an organic, 3-seed drink that is said to eliminate pain and reduce cancer. This is the claim of many who have used it. Of course, the company that does produce it, Rain International, makes no claims – nor should they. However, after witnessing the results firsthand, and reading the many testimonials, I must admit that something very wonderful and promising is happening here.

A combination of black cumin seed (black seed), black raspberry seed, and chardonnay grape seed, this new product called Soul has been reported to virtually be producing miracles for those wracked with chronic pain. And, the science behind it makes it happen. These are the world's most anti-inflammatory and anti-oxidant seeds.

If one understands the analgesic and anti-inflammatory effects of these three individually, it's very easy to get to the synergistic efficacy when they are put together. Remember, acidity produces inflammation – and inflammation begets pain. It is purely as simple as that. Get rid of the inflammation – get rid of the pain. That's how it works, and it does work.

Want proof? Okay, you asked for it. The following are excerpted from studies done on these seeds and are forwarded by the http://umm.edu website:

> "Nigella sativa (black cumin seed) has been used as traditional medicine for centuries. The crude oil and thymoquinone (TQ) extracted from its seeds and oil are effective against many diseases like cancer, cardiovascular complications, diabetes, asthma, kidney disease, etc. It is effective against cancer in the blood system, lung, kidney, liver, prostate, breast, cervix, and skin with much safety. These results suggest that nigella sativa has analgesic and anti-inflammatory effects...mechanisms other than stimulation of opioid receptors are involved."

> "We found that non-toxic levels of black raspberry significantly inhibited the growth of human cervical cancer cells."
>
> "Black raspberries and their bioactive components represent promising candidates for future phytochemical-based mechanistic pathway-targeted cancer prevention strategies."
>
> "Black raspberries have been shown to inhibit multiple stages of oral, esophageal, and colon cancer."
>
> "Black raspberry extracts (BRE) have been shown to inhibit breast cancer cell growth and stimulate apoptosis."
>
> "The ability of topical BRE to reduce acute UVB-induced inflammation and to decrease tumor development in a long-term model provides compelling evidence to explore the clinical efficacy of BRE in the prevention of human skin cancers."
>
> "Seed flours from chardonnay grapes were examined as dietary sources of natural antioxidants and anti-proliferative agents for optimal human health."
>
> "Studies have found that grape seed extracts may prevent the growth of breast, stomach, colon, prostate, and lung cancer cells in test tubes. However, there is no clear evidence yet whether it works in humans. Antioxidants, such as those found in grape seed extract, are thought to reduce the risk of developing cancer. Grape seed extract may also help prevent damage to human liver cells caused by chemotherapy medications."

In reference to the last paragraph, I'd say that there is now "clear evidence."

And, here's more of the empirical evidence stuff from my friend, Dr. Brad Weeks (Dartmouth-trained M.D. – read smart):

> "If you or anyone you know suffers with any aches and pains (headache, PMS, back pain, arthritis, weekend warrior pains, etc.), or skin disorders (psoriasis, eczema, rash, acne) – then this

> product will be of great interest. If you or anyone you know takes pain killers like aspirin, Advil, Tylenol, Motrin, Ibuprofen (all of which are toxic to the kidney and liver), then I have a great solution for you and them." Of course, the solution is Soul.

Dr. Weeks states that Soul also has tremendous nutritional benefits in addition to its health promoting aspects. One two ounce serving per day (but, have two) gives one the equivalent nutrition of 6-8 servings of organic fruit, 6-8 servings of organic vegetables, and 3 servings of organic omega oils.

Samantha Davis wrote the following in the November 11, 2013 edition of *Natural News*:

> "Much to the dismay of many pharmaceutical giants and doctors who reap big rebate checks from recommending chemotherapy treatments, Nigella sativa has been proven over and over again to successfully treat cancer without the use of conventional treatments. Nigella sativa has been shown to be effective against numerous cancers, such as pancreatic, colon, prostate, breast, and even brain cancers. Indeed, Nigella sativa is cancer's worst nightmare and a ray of hope for people who may have died otherwise.
>
> "Statistics show that the success rates of people using chemotherapy over a five-year period is only 2.1 percent. Nigella sativa, on the other hand, was proven to annihilate pancreatic tumor cells at the rate of 80 percent."

There are more than 462 published studies now on the benefits of Nigella sativa. In addition, many, many more have been produced for black raspberry seed and chardonnay grape seed. And, on my end, the testimonials just keep pouring in.

Please remember, I am not saying that Soul cures cancer – neither is Rain International. I take two packets per day and it tastes great. The protocol is to take at least two per day, utilizing about 90% of the packet. Then, cut the packet open, take the remaining 10% or so, and rub it into the painful area – letting it sit for about 20 minutes. The seed oils will work transdermally – as well as internally. You just might be very surprised. I know I am.

Find this product through the IWARC/AACI at our website established for information and procurement (yes, we believe that much in it) at www.myrainlife.com/aaci. Proceeds are used exclusively to help those with cancer and those in pain.

MAGNESIUM CHLORIDE

"If we looked it would probably be very difficult to find a cancer patient with anywhere near normal levels of cellular magnesium – meaning cancer probably does not exist in a physical cellular environment full of magnesium." (From the Magnesium For Life website). Wow! What an outrageous statement. Nonetheless, I believe it to be true.

The preceding site follows up with this: "Magnesium chloride is the first and most important item in any person's cancer treatment strategy. Put in the clearest terms possible, our suggestion from the first day on the *Survival Medicine Cancer Protocol* is to almost drown oneself in transdermally (through the skin – topically) applied magnesium chloride. It should be the first – not the last – thing we think of when it comes to cancer. It takes about three to four months to drive up cellular magnesium levels to where they should be when treated intensely transdermally, but within days patients will commonly experience its life saving medical/healing effects. For many people whose bodies are starving for magnesium the experience is not too much different than for a person coming out of a desert desperate for water. It is that basic to life, that important, that necessary." Gee, they just got bolder! And, once again, I agree with them.

When you understand that magnesium is a magnificent cellular detoxifier and tissue purifier, that it is necessary for many enzyme reactions and less toxic than table salt – you see clearly why many call it the "miracle mineral."

In 1915, French surgeon Pierre Delbet discovered that white blood cells destroyed up to three times more microbes after the intake of magnesium chloride. Early stage polio and diphtheria have been "cured" by magnesium chloride. The research and evidence behind this substance are truly incredible (see the following site for the studies):

www.magnesiumforlife.com/medical-application/magnesium-and-cancer

And the coup de grace for those suffering from the pain of cancer – again from the Magnesium For Life website: "Magnesium chloride, when applied directly to the skin, is transdermally absorbed and has an almost immediate effect on chronic and acute pain." Tell me, how important is that?

The evidence is in, folks. The case for magnesium chloride has been presented over the last 150 years. It has been accused of helping those suffering from cancer by significantly improving their immune function, reducing their pain, and increasing their cellular detoxification. The Verdict? Guilty, as charged.

I recommend magnesium chloride oil from Dr. Carolyn Dean's ReMag liquid and her ReMag Lotion. The former is for oral use and the latter for transdermal skin application. These are pico-meter ionic forms of magnesium. Many people are said to be sufficient in magnesium if they have an adequate amount in their blood. But what we really need to be measuring is how much is in our tissues. It needs to get there to do us any good. That is exactly what these "pico-meter" products do. The fact is that most people are deficient in this "master" mineral and, as a result, struggle and suffer with chronic illness. If I had cancer (or any other challenging medical problem), I would order it right now before I finished this book. Do finish this book, however.

For an in-depth study of Dr. Dean's magnesium chloride products, enter

"Dr. Carolyn Dean magnesium" into your search engine. You can order the products this way, as well.

GLUTATHIONE

Glutathione is called the "master anti-oxidant" and is a tri-peptide, or a combination of three amino acids – cysteine, glycine, and glutamic acid. It must be generated inside the cells from its "precursors" before it can do its work effectively. In other words, the body makes it itself and you cannot just buy and consume a glutathione supplement. Any such-labeled product would, instead, be one of the amino acid precursors – most likely cysteine in whey protein.

Proof of its anti-oxidant and anti-cancer capability comes from a study at Montreal General Hospital and McGill University in Montreal that suggests "whey protein may be exerting its effect on carcinogens by enhancing glutathione concentration," (Gold, Batist, Bounous, *Immuno-enhancing Property of Diet and Whey Protein*, 1989).

According to the "Nutrition Advisor" website, "Glutathione is a substance, the levels of which in our cells are predictive of how long we will live. There are very few other factors which are as predictive of our life expectancy as is our level of cellular glutathione. Glutathione has been called the 'master antioxidant' and regulates the actions of lesser antioxidants such as vitamin C and vitamin E within the body. It is the regulator and regenerator of immune cells and the most valuable detoxifying agent in the human body." View 23 published clinical studies on glutathione at this site: www.nutritionadvisor.com/glutathione.html.

It is the immune system that ultimately heals a cancerous body. And, glutathione plays a (or "the") major role in the "cranking up" and maintenance of this system. We literally can't be without it and, unfortunately, most of us don't have – or make – nearly enough. Production of this cancer fighting antioxidant diminishes as we age and is also determined by what we eat and how we live our lives.

Dr. Earl Mindell (*The Vitamin Bible*) states candidly that "we literally cannot survive without this antioxidant." Cancer patients ***absolutely*** cannot. Time to go get it. I would – if I had cancer.

There are a few sources of glutathione precursors and you are free to investigate and choose which supplement works best for you. I recommend three – the first two are proven precursors and the third is a different technology that has verified its effectiveness through a clinical trial – and I forward it with a caveat. Immunocal ™ is a precursor with a natural source of cystein. You can purchase it at www.immunotec.com. It is a little costly (but worth it) at $106 for a container of 30 each, 10-gram pouches – about a month's supply. You can get a 20% discount if you sign up for an "auto ship" so it comes to you directly each month. Immunocal™ has some very impressive credentials and persuasive testimonies standing behind it. I recently talked to a woman in Washington State with lung cancer (bad) who began taking Immunocal™ and her cancer mysteriously disappeared. Once again, doctors would call it "spontaneous remission," because they know no better. I would call it something else.

MaxGXL, is a composition, patented natural supplement that has been clinically tested and blood-test verified to raise the body's intracellular glutathione level 300% within 60 days. This product was invented by Dr. Robert Keller, M.D., and has great clinical documentation to support it. MaxGXL is available through the company website at www.maxgxl.com or through individual distributors. Retail price is about $85 for a month's supply – wholesale is about $65. It, like Immunocal, is much less expensive with auto ship and MaxGXL is available on Amazon.

The relatively new glutathione technology is from LifeWave, LLC. It is a glutathione "patch" that had a "coming out" in Suzanne Somers' 2009 book, *Knockout.* The patch, known as Y-age Glutathione, is affixed to various acupuncture points on the body and worn each day for up to twelve hours. The double-blind, placebo-controlled study showed an increase of over 300% in blood glutathione levels in 24 hours.

The LifeWave website gives the following description: "The materials in the patches consist of a patent-pending blend of water, oxygen, amino acids and organics applied to a polyester fabric and sealed with a polymer shell. The active materials are applied to a substrate so as to form a nano-scale organic antenna. When properly assembled, we believe that these LifeWave antennas are capable of passively communicating with the user to instruct or initiate various metabolic responses in the user."

There appears to be many testimonies from wearers that attest to the effectiveness of these patches. And the clinical study bears proof (at least in this case). The patches can't hurt you and carry a 30-day money back guarantee – so you can't lose. The "caveat" on this source is only because it is a relatively new technology and, although proven, I would like to see more empirical evidence and user support. It's definitely worth a go and I would try "the patch" if I had cancer.

Go to www.lifewave.com to order. A box of 30 (one-month supply) goes for $89.95. Also, take into consideration that the cancer diet provides glutathione precursors abundantly in asparagus, broccoli, avocado, spinach, garlic, and turmeric. Eat these first – in quantity – then go for the precursor supplements.

UKON® - TURMERIC FORTE®

By now, there should be absolutely no doubt that turmeric (and its curcuminoid – natural phenol, curcumin) is one of the most anti-cancer foods on the face of the earth. Over 10,000 studies of this food and its constituents now reside and are searchable on "Medline." Sayer Ji of *GreenMedInfo* has a data base that now includes "800 Reasons Why Turmeric Threatens Big Pharma." Of course, one of those reasons is that many studies have found turmeric to be at least as effective as 14 drugs – and no side effects. Imagine that. Turmeric is now one of the most studied foods/herbs ever.

Turmeric is an anti-inflammatory, anti-oxidant, improves brain function and lowers the risk of neurodegenerative disease, helps to prevent heart disease and, when it comes down to it, probably could be considered a major player in about every other chronic illness known to man. This list of its capabilities regarding our health is virtually endless. And yet, despite the "confirmed" fact that turmeric has been used for thousands of years as a spice and a medicinal herb, *Wikipedia* states that "turmeric has no confirmed medical use." I almost fell out of my chair when I read that. Remember those words when you ever again have any impulse to donate to this Pharma-controlled site.

Turmeric's golden hue comes from the curcumin within (3-5% of turmeric is curcumin) and it is real "gold" when it comes to cancer or anything else regarding sickness, disease, prevention, and homeostasis. To me (my definition) it is a regulator of epigenetic processes – a true jack-of-all-trades when it comes to restoration of our body's physiological and chemical interactions.

We must understand, however, that raw turmeric is poorly absorbed into our blood stream and, therefore, into our cells. We must know how to use it to garner its multitude of benefits. Otherwise, it transits the body with little uptake and exits with little to no realization of those benefits.

Turmeric is fat soluble. To maximize its attributes, it must be taken with good fats or with piperine (5% of black pepper). Fats will make it about 10 times more absorbable and bioavailable in the body. Piperine will make it up to 2,000% more absorbable. One can easily solve this by taking a teaspoon/tablespoon of coconut oil with this herb or supplement. Or, have a little black pepper with the meal you are eating with turmeric. Many supplements (capsules) now include piperine with the turmeric.

The two best formulations I have found are Enagic's UKON® and the MediHerb/Standard Process product called Turmeric Forte®. Both of these meet the criteria of quality turmeric and the proper transport/absorption vehicle. UKON® has four different oils combined with their Spring and Fall turmeric. This is one of the best I have seen. Turmeric Forte® is a rather new supplement that was developed through a unique process of infusing turmeric into fenugreek and enabling it to cross the blood-brain barrier. I would still take both with a meal with good fats as part of it.

In my opinion, these are the best of the best in turmeric supplements that will stunt and prohibit the growth of cancer cells and contribute to their death. In addition, many studies are showing turmeric's potential to prevent the onset of neurodegenerative disease and ability to slow it down and/or reverse it. This is big. In the final analysis, turmeric is one of the best things we can put into our bodies to both fight and prevent disease. I take it every day – and so should you.

AFAYA PLUS®

It seems that I am always invested in some kind of research or another. I continue to do this because the fruits of these labors have yielded life-changing results.

Recently, I came across a new product from Hyatt Life Sciences that appears to be a real "game changer." This new supplement is called "Afaya Plus®" (Afaya meaning *health* or *life* in Arabic) and is a proprietary blend of six different natural ingredients combined in a synergistic and "ratio-driven" formula that helps to support normal cellular function and processes (think epigenetics) that can become dysregulated from everyday life. Utilizing the plants ***Arum Palaestinum*** (from the Middle East) and ***Peganum Harmala*** (Asia), and combining them with turmeric and other botanicals, the company has created a truly epigenetic product that provides maximum nutritional balance.

Of course, neither I nor Hyatt Life Sciences can say that the product heals anything. What we can say is that the ingredients in "Afaya Plus®" have been used in many parts of the world for *centuries* to support health and wellness. And that being the case, something must indeed be working for its millions of users as its sheer longevity of use speaks volumes for its efficacy.

We have already seen and heard many testimonials from those who have utilized the product as it evolved over the past five years. To say the least, the results are truly stunning (we make no claims) for these people and, more importantly, life-changing. Many prostate cancer sufferers are finding reduced PSA's and other results (good results – no, I won't say the word "remission" here). Others, struggling with virtually every chronic illness, seem to be faring very well with this supplement – which makes perfect sense to me/us. The organization I serve dispenses the truth based upon what the science says and how different therapies, treatments, supplements and protocols work within and for the human body. In other words, "show us the science."

And that is exactly what Hyatt Life Sciences has done and what their name suggests. They have put their own money where their mouth is. To quote their literature, "Hyatt's scientists discovered such benefits (unique properties) in ***Arum Palaestinum*** and (as a result) have subjected it to world-class scientific study. Hyatt uses rigorous methods to study and evaluate our proprietary blend's optimal safety and produces a synergistic formula to support overall health at the cellular level."

Of course, when you say it that way, no one has to make any claims. Folks, that is exactly what prevention, good health, and healing is all about. Read it again. "To support overall health at the cellular level." Ask yourself, do you want healing? Want to stay well? Desire overall good health? I know – stupid questions, Bob. Everyone wants these things. That is why our search is continual to find the kinds of plants, treatments, and products that will effect positive epigenetic changes in human beings. And you are right. I do use the word "epigenetic" a lot. The reason is simple. Health, prevention and healing are **NOT** about your genetics. That's your blueprint. Already done – virtually carved in stone. And that's where most of our "world-famous" research scientists get lost. They assume that all chronic illness is genetic. They continually fall upon that sword only to find that the answers they seek are not found there. No, epigenetics is where the truth is and where the healing is generated. Restore these systems and the immune system follows. And the human immune system is the only thing that heals cancer or anything else.

I can tell you without reservation – and I sincerely do not believe that this is challengeable – that if you treat the body with what positively affects the epigenetics and the immune system, the body responds – rapidly and effectively – with the healing processes that support real health. I use this product right now as I see the true value of cellular health – as it drives virtually every function in your body.

To acquire Afaya Plus®, contact Hyatt Life Sciences through their website at www.hyattlifesciences.com. I would – and have.

NOTE (again): Neither Hyatt Life Sciences nor any other company pays me or the AACI/IWARC to endorse their products.

GcMAF

Let's make this straightforward and simple. GcMAF (globulin component macrophage activating factor) is, essentially, just a human protein. But when it comes to cancer, it appears to be much, much more. Found in all of us, this protein can be seriously depleted in those with chronic illnesses – especially cancer.

Known to up-regulate the human immune system, GcMAF activates macrophages (white blood cells) and also helps to "charge-up" our endocannabinoid system. Here's the problem – and the bad news. Cancer cells activate an enzyme in the body called nagalase. This enzyme is known to be the culprit that blocks GcMAF production in the body. In a nutshell, cancer's defense system (nagalase) is blocking our defense system allowing the cancer to proliferate. But, wait – here's the good news. Nagalase cannot break down bio-identical GcMAF that is injected into the body or given through intravenous infusion.

The results seem to be incredible for the cancer patients – but lousy for the doctors utilizing this "non-FDA approved" treatment. Some of you have probably heard of the scores of "alternative" practicing doctors who have mysteriously been found dead over the past couple of years. It seems that what they had in common was the fact that they were working with (and having great success) cancer and autistic patients – utilizing, you guessed it, GcMAF. Many believe these poor doctors were "suicided." When we truly understand what this substance has the (at least perceived) ability to do for cancer patients, we suddenly realize that the abrupt "passing" of these otherwise (physically and mentally) healthy doctors is probably more than conspiracy theory. There is no money in GcMAF (or healed patients) for conventional medicine. Therein lies the huge conundrum surrounding this substance that is very controversial (for those that want to prohibit its use). You be the judge. I have no desire to be political on this subject – just to know and show the truth. And, I've got a pretty good idea (and grasp) on what the truth is here.

From the www.gcmaf.eu website: "Minutes after receiving a dose, 10 (of the 11 beneficial actions) restart. In three weeks of two GcMAF 0.25ml doses a week, your immune system is rebuilt to above normal strength. You need two doses a week for typically 24 weeks for many diseases and early cancers, up to seven one ml doses a week and a year for stage 4 cancers. The disease is then taken down without side effects, and successfully in up to 80% of cases – depending upon how well you follow the protocol on this website." Author' note: This site has already been taken down by the powers-that-be. However, enter "GcMAF" into your search engine and you will find lots of info, including sources.

I would strongly suggest that you study this yourself, especially if you have cancer or another chronic ailment. After all, this is really about the immune system and what strengthens and heals it. No one can deny that. And, just "what if" GcMAF does all that those who are using it say it does? Gee – more food for thought.

Thanks to my good friend, Ty Bollinger, and the "Truth About Cancer" team for their great coverage of this subject. To learn more about this amazing substance, go to Ty and Charlene's website at http://thetruthaboutcancer.

com/gcmaf. Also, understand that GcMAF cannot be found at the neighborhood drug store, or almost anywhere else in the U.S. You can find it online and order it from sources outside the country.

ESSENTIAL OILS

I have always been a believer in the power of plants. They represent a complete and powerful food system that can sustain us virtually by itself. Vitamins, minerals, phytonutrients, protein – all of our daily nutrient requirements are available to us from the plant kingdom – and medicinal needs, as well. In case you didn't know, drugs are "synthesized" from plant ingredients.

So, it makes perfect sense that the aromatic compounds (oils) that are found in the roots, stems, bark, seeds and flowers of plants are healthy and healing for homo sapiens.

> "Essential oils have been used throughout history in many cultures for their health-promoting properties. Modern trends toward more holistic approaches to self-care and growing scientific validation of alternative health practices are driving a rediscovery of the profound health benefits of essential oils. Many have powerful cleansing properties. Their unique chemical structure allows them to deliver targeted benefits through topical application. Certain oils may be used as dietary aids to promote vitality and well-being." doTerra Product Guide, Fall 2018

Whether we inhale them, put them on our skin, or ingest them orally, these plant oils have the ability to change the way we feel, smell and, in my opinion (accepted by most in this case!) – heal. Plant nutrients affect our epigenome – whether they be aromatic oils or spinach salad. And our epigenome affects our immune system – the only thing that heals. So, while no one can tell you that essential oils "cure" any chronic illness or disease, one can certainly see the results (sometimes immediate) of these substances as they work their "aromatic magic" on all our body parts and systems. Friends, herein lies real evidence, the kind you can see, touch, and feel.

It should be no surprise to you that I get my essential oils from doTerra. Yes, I do use them. Boy, I smell good! Seriously, I wouldn't obtain them anywhere else. You can choose to get yours wherever you please; doTerra chose me. Meaning that once I looked at their entire operation, product line, and (so very important to me) their people, there was no other choice. This company is the verified market leader in the Global Aromatherapy and Essential Oils market and works with millions of customers throughout the world. Their products are sourced from all over the planet through partnerships with skilled rural farmers and are second to none as each oil is Certified Pure Therapeutic Grade®.

Of great interest to me was their addition recently of Copaiba Oil. For those of you who don't know, Copaiba comes from tapped trees in South America (I have seen the process) and contains the cannabinoid BCP (Beta-Caryophyllene) which directly interacts with the CB2 receptors in our bodies. I like it – and I use it in both essential oil and supplement form. Copaiba oil has been studied and proven to be anti-inflammatory, anti-tumoral, anti-bacterial, and a neuro-protector – among many other attributes. DoTerra's Copaiba is 60% BCP. As we know, cannabinoids are very aggressive against cancer – and lots of other things.

Ladies and gentlemen, invest in essential oils for what ails you. I firmly believe that the studies show us that frankincense, lavender, myrrh, peppermint, and turmeric (curcumin) are very anti-cancer. I don't see how you can possibly go wrong – and I believe you will see and feel a lot of things going right.

MORINGA

There is a reason that they call Moringa the "Miracle Tree." It might be because all parts of the plant are edible. It might be that it has the ability to survive and thrive in harsh climates or in poor soil. But I suspect the real answer is that "food" from this tree is brimming with over 90 different nutrients and 46 antioxidants. Add to this the fact that the leaves of this tree are loaded with vitamins and minerals, eight essential amino acids, and are rich in flavanoids – and one begins to understand that Moringa is truly a superfood.

A cancer patient requires a diet high in vitamins, minerals, enzymes, and amino acids – in their most natural, unadulterated form. None of us can sit down and eat five pounds of kale, 4 pounds of Brussels sprouts, 3 pounds of spinach, etc. But it is possible to get similar nutritional value from organic supplements like "Cruciferous Complete" from Standard Process and products like Moringa.

Moringa contains four times the vitamin A found in carrots; seven times the vitamin C of oranges; over four times the calcium found in milk (milk calcium is not very usable for humans); and twice the potassium that bananas have. You will also find (in their natural, organic form – not fractionated) vitamins D, E, K, B2, B3, and B6 – and the minerals magnesium, manganese, copper, iron, phosphorus, zinc, and selenium in this cornucopia of nutrition.

It's simply no wonder that the leaves and all components of this "horseradish tree" are anti-tumor, anti-inflammatory, anti-viral, anti-allergenic, and antioxidant – and are the makeup of what is coming to be known as one of nature's most nutritious foods. And the simple advantage of "miracle" foods like Moringa is the fact that they can't hurt you – but have the innate capacity to really help you – particularly if you have cancer. Find the absolute best information about moringa and acquiring this product at the website www.greenvirginproducts.com.

IODINE

As a population, we know little about iodine or the wondrous things it can do for us. Instead, we tolerate our bouts of sickness and chronic illnesses with no thought or regard as to why these routinely inhabit our bodies. And, lo and behold, lack of iodine is one of the major culprits.

Many of us are old enough to remember when they used to put iodine in our bread and bakery products. About forty years ago the average American got approximately 1 mg. of iodine daily in their diet. And guess what? Thyroid problems were rare – as was fibrocystic breast disease and breast cancer. What happened? Through its infinite wisdom, the food industry (driven by the FDA) decided to remove the iodine from bread and bakery items and replace it with bromine. Read this: iodine good – bromine bad. Our country's health has been on the decline ever since. Listen to what Dr. Jim Howenstine, M.D., said in 2005 about this tragedy:

"Forty years ago the food industry decided to remove iodine from baked goods and replace the iodine with bromine. Iodine and bromine appear similar to the thyroid gland and bromine easily binds to the thyroid gland's receptors for iodine. Bromine, however, is of no value to the thyroid gland, unlike iodine, and it *inhibits the activity of iodine in the thyroid gland.* Bromine also can cause impaired thinking and memory, drowsiness, dizziness, and irritability. This substitution of bromine for iodine has resulted in nearly universal deficiency of iodine in the American populace. Iodine therapy helps the body eliminate fluoride, bromine, lead, cadmium, arsenic, aluminum and mercury. Could this substitution of bromine for iodine have been carried out to increase diseases and thus *create more need for pharmaceutical drugs?*"

Now, Doc, that's a very interesting question. Could it? You be the judge.

There is no doubt, however, about the nearly universal deficiency that Dr. Howenstine references. We simply do not have enough iodine coursing through our blood and tissues to help prevent many of the diseases that plague us. I sincerely maintain that, if Americans had blood/tissue sufficiency of both vitamin D3 and organic iodine, most sickness and disease would leave us. This is ***so very important to you and your health – that I must repeat it***:

If you and I simply got sufficient (way above governmental RDA's) vitamin D3 and organic iodine into our daily diet, we could eliminate most sickness and disease – especially ***CANCER!***

I realize that you must now be saying, "Bob – have you lost your mind." Well, the answer is "no" (my wife might argue) and the studies prove it. More importantly, outside of the clinical setting are the many lives that have been changed, healed, and saved by bringing their bodies to sufficiency in both iodine and D3.

You could go out and buy a kit to check for iodine deficiency – but my suggestion is to not bother or waste the money. Instead, go to the drug store and acquire a $3 bottle of tincture of iodine. "Paint" a two-inch square of this liquid on the inside of your forearm (it dries and starts to soak in immediately in most) and watch how fast it disappears. If it has vanished in 24 hours or less – you are probably severely deficient and need to supplement with iodine. If it lasts for 36 hours – you may still be slightly deficient. If the iodine is still readily visible at 48 hours – you are probably sufficient, and you would be one of the few. Don't do this if you are allergic to iodine – very few are. And, if you are, you probably already know it, especially if you have a seafood allergy.

Once you have concluded that you are deficient, think about adding a natural, organic iodine to your supplement regimen. I recommend prolamine iodine, made from zein, a protein found in organic corn to which iodine binds. This product can be acquired from Standard Process in 3 milligram tablets for about $25 per bottle of 180 tablets. Obviously, I do not know what each individual's health condition is or what drugs they are taking. As a result, I must advise all to consult with their physician before starting an iodine supplementation program. Unless you are allergic, though, it probably cannot hurt you and will only improve your health.

Know, however, that your blood must reach a 1.5 gram or 1,500 mg. level to become iodine sufficient. Many of us will discover that we are very deficient and will require a lengthy course of iodine supplementation. If I found myself to be deficient in iodine and, after determining that I was not allergic and there were no contraindications with drugs, I would start this program – without question – if I had cancer or, even if I didn't.

Facts about iodine: Fluoride, mercury, and bromine all displace iodine in the thyroid. Cells require iodine to regulate their metabolism. In addition to Prolamine Iodine, Nascent (atomic) and Lugol's are other good sources.

Dr. Garry F. Gordon, a doctor that I have great respect for, says: "So, who does not need iodine? I find that nearly everyone needs more than they are getting."

Another great doctor, Michael B. Schachter says: "The treatment dose when a person is iodine insufficient is generally between 12.5 mg and 50 mg daily. Preliminary research indicates that if a person is iodine insufficient, it takes about three months to become iodine sufficient while ingesting a dosage of 50 mg of iodine daily and a year to achieve that while ingesting a dosage of 12.5 mg of iodine daily." I would suggest that you go through your doctor to establish the right dosage for you.

Ladies, got uterine fibroids, cysts, fibrocystic breast disease? I would bet you are very deficient in iodine. Find out – now.

For her to get pregnant?

Iodine is ***absolutely critical for health.*** And, it is critical for your health ***every day.***

LAMININE

Laminine™ may be well on its way to becoming one of the world's greatest nutritional supplements. A combination of amino acids, peptides, and protein fractions from partially incubated, 9-day old fertilized hen eggs as the primary ingredients, Laminine™, in theory, contains all the nutrients required to start a new life. Add in additional amino acids from plant and marine protein that are critical for cardiovascular health, functional memory, and energy restoration – and you have a solid nutritional powerhouse that supports the aforementioned cardiovascular health, removes toxins from

Layer Sleep

the body, builds strength and stamina, increases libido, and gives an overall feeling of well-being.

Wow! What the pharmaceutical companies wouldn't give for this formula – to make it into a synthetic wonder drug, of course.

What I like the most about this supplement, however, are the stress management and improved sleep benefits. Studies show that almost everyone that uses Laminine™ experiences an elevated level of relaxation and improved sleep. I know from personal use that this works. I also know that lack of sleep and increased stress are severely detrimental to cancer recovery.

My friend and IWARC/AACI Advisory Board Member, Dr. Leonard Coldwell, states in his book, *"The Only Answer to Cancer,"* that 86% of all cancers are caused by stress. We must remember that stress is not just a mental thing, it is a physiological juggernaut capable of making cancer virtually unstoppable. Please understand – cortisol, at very elevated levels, is a killer. Cortisol is a hormone released by the adrenal glands and is part of the human "fight or flight" mechanism. It is beneficial at lower levels and has anti-inflammatory properties. However, when levels are extremely elevated for long periods of time (think someone under a lot of stress – cancer), cortisol will function to increase blood sugar and suppress the immune system. These are extreme negatives for all people, especially cancer patients.

Key

Laminine™ reduces stress hormone levels dramatically in the body. As a matter of fact, Laminine™ is said to reduce cortisol by about 50% following ingestion. In addition, Laminine's™ ingredients combine to produce a complete chain of 20 amino acids. The amino acid cystine is a precursor for glutathione – the body's master antioxidant. Glycine and glutamine are precursors of nucleotides that make up the structural units of RNA and DNA. In short, these amino acids, in synergism, have benefits that are too lengthy to cover in this section. It is known, though, that they have the ability to decrease cell oxidation, assist immune response, help to improve and prevent colon cancer and some leukemias, reduce lung cancer risk among smokers, eliminate toxic ammonia from the body, etc., etc. The benefits for this supplement seem to go on and on.Acquire this product through the company that manufactures Laminine™, Lifepharm, at www.lifepharm.com.

CHLORELLA

Dr. Tony O'Donnell, in his fabulous book *Miracle Heart Health Secrets*, conveys the following regarding chlorella:

> "Japanese researchers report that chlorella algae can raise the level of protein albumin in the blood. Albumin, one of the body's most powerful antioxidants, transports toxins to the liver and moves vitamins, minerals, fatty acids, hormones, and other substances throughout the body."

Chlorella is a single-cell algae that is a great source of protein that is easily digested. It is known to contain more than 20 vitamins and minerals and nucleic acids which help cells to regenerate. It is rich in chlorophyll which is one of nature's greatest detoxifiers. This super nutrient will help to get the heavy metals, pesticides, and other poisons out of your system.

Chlorella is an immune system booster and increases the macrophage (eliminates bad stuff from the blood) production in the body. And, as Dr. O'Donnell puts it, "Since increasing macrophage production can accelerate destruction of cancer cells and harmful bacteria, chlorella might be particularly beneficial for people suffering from cancer or HIV. Chlorella is used to treat a wide variety of illnesses, including allergies and asthma. It also lowers cholesterol and blood pressure, reduces hardening of the arteries, and helps fight chronic fatigue."

Think about this: The Japanese are heavy smokers and drinkers and live in a highly industrialized country with an abundance of toxic wastes. Yet they have become one of the longest-living groups of people on earth. Chlorella plays a big part in their longevity.

Simply put, chlorella is a true super food. I would not hesitate to include it in my anti-cancer protocol – and neither should you. Give this substance priority consideration, even if you don't have cancer. Make sure to acquire only the "cracked cell" or "broken cell wall" varieties. These types increase the benefits of this food significantly. There are several good ones available. Mike Adams at the *"Natural News"* store has stated that they have tested and now sourced the "cleanest" chlorella in the world. Check out this store for many good products. I like "Sun Chlorella®" – but you choose what you think is best.

While you're at it, acquire some spirulina and add it to your anti-cancer arsenal – or any diet. Spirulina is probably one of the most complete and nutritious foods on the planet. Then get wheatgrass, one of the most nutrient dense foods in the world.

My friend, Tony O'Donnell, is an Irish-born Naturopath and is known as "The Herb Doc." He is an author, T.V. personality, radio host, and was awarded "Man of the Year" by the Leukemia Society in 2001. When it comes to food – and what works for cancer – Tony is the real expert. Besides that, he's one of the nicest guys you will ever meet. Visit Dr. O'Donnell's website at www.radiantgreens.com. And, what do you suppose are two of the first three ingredients in Dr. Tony's "Radiant Greens?" Yes, spirulina and chlorella.

THESE ARE THOSE

The aforementioned supplements feature the baseline additions to the critical cancer diet that I would, without hesitation, include in my daily protocol if I had cancer. As stated, I would partake of many – or most – of them, even if I didn't have cancer, as healthy and immune building preventatives.

There are several other very good supplemental products to which I would give careful consideration. You will find these, with brief descriptions, in Chapter Ten. Onward and upward.

CHAPTER SIX

STEP THREE OF THE CANCER DIET: RESTRUCTURED, IONIZED WATER COULD SAVE YOUR LIFE

"Water is life's mater and matrix, mother and medium. There is no life without water."

Albert Szent-Gyorgyi, Hungarian Biochemist,
Nobel Prize in Medicine, 1937

Many years ago, in a semi-exasperated state to find something cancer sufferers could actually drink, I embarked upon a serious, extensive, in-depth study of water. The result of this journey became a turning point in my quest for the truth about cancer – and what helps to defeat it. Actually, I believe that I have now earned my "self-proclaimed" undergraduate degree in H20 and have become truly educated regarding the vital importance of this life-sustaining fluid – especially in its "ionized" form.

Water is really an enigma to most people. They know they need it, but they don't seem to know why or in what form. I'd like to have a dime for every time I've heard that "water is water." Well, I can assure you that while it may all look the same, it is definitely – and conclusively – ***not*** all the same. And, here's what I mean.

Water out of the tap is not the same as bottled water. Water flowing down a stream from a glacier is different from bottled water pulled out of the Detroit River. Everglades swamp water differs greatly from that in the Great Salt Lake. You get the picture. We have difficulty discerning, however, the quality, structure and properties of the water we drink and pay no mind to its purity, hydrating effectiveness, mineral content or electrical characteristics (what's that?). Nor do we seem to know why these elemental attributes are important.

Book after book, study after study, and paper after paper have been produced about water. The Internet has a virtual library on water. While you can continuously study this never-ending volume of H2O paraphernalia, you will probably wind up confused and come to the prevailing (and cop-out) conclusion that "water is water," but you would be missing one of the simplest and most valuable ingredients to good health.

Most of us know that the body is about 70% water, we should drink eight glasses a day, humans can go for weeks without food but only three to four days without water, etc., etc. What we don't know – or fail to realize – is that most water is acidic, much of it is "dead" (no minerals), tap water is full of poisons (chlorine and fluoride), it struggles to hydrate our cells, and contains oxidants rather than antioxidants.

Let's break it down. We've already discussed the importance of the acid/alkaline problem with cancer patients. Most humans are acid, which promotes disease. Remember the pH scale. The letters pH stand for "potential of hydrogen" or "per hydrogen" which just equates to the amount of hydrogen atoms (H+ acidic) and/or hydroxide ions (OH- alkaline) within a substance. So, a pH of 8 would mean many times more hydroxide atoms (alkaline) than a pH of 6 (actually, 100 times more). This is important for two reasons. First of all, water with a pH of 8 would have a tendency to alkalinize us while that of 6 would acidify our bodies. Secondly, hydrogen is essential to fuel us and to heal us.

Water has electrical energy that can be measured in millivolts (no, you won't be electrocuted), and that capacity for electrical charge can be positive or negative and lost or gained over time. What is imperative to understand here is that positively charged hydrogen atoms or ions (H+) make water acidic, while a hydrogen atom that bonds with an oxygen atom produces a negatively charged (OH-) molecule of water that is alkaline. The science goes way beyond what we care to pursue, but this is what you need to know.

The positive or negative characteristics of water are called the oxidation reduction potential (ORP) because of their ability to promote or neutralize free radicals in the body. Acid and alkaline are always at war within us and, because we constantly overload our systems with acid food and drinks (the H+ positive hydrogen ions) -- acid usually wins and our bodies become acidic over time (read cancer). Conversely, if we concentrate on eating foods and drinking water with negative hydroxyl ions (OH-), we increase the negative charge or negative oxidation reduction potential. These OH- ions then bind to the H+ (acidic) ions to neutralize the free radicals that cause the "rusting" or "rotting" of the human internal terrain.

Increasing the alkalinity leads to decreasing the oxidation. The effects of free radicals or oxidation of the cells can be better described as hepatitis, cirrhosis and cancer in the liver; pancreatitis, diabetes and cancer in the pancreas; and nephritis, nephrosis and cancer in the kidneys. While all are bad, do you see the common denominator to all of these? Yes, it's cancer.

So, ionized water increases our alkalinity and uses its negative oxidation reduction potential (ORP) to neutralize free radicals. There is one more important aspect that can be attributed to negatively charged, reduced water – low microclustering of the water molecules. This is a hot topic. There seems to be somewhat of a split school of thought within the scientific community on this subject. Many researchers believe that water is dynamic and can have no stable, low microcluster capability. An equal number believe the opposite and offer proof through studies using nuclear magnetic resonance testing that show that the electrolysis process reduces clustering of water molecules from 10-20 (or more) per cluster for regular tap water down to 5-6 for ionized water. This process reduces the surface tension of the water and allows for solubility and cell permeability.

And what did my Great Hekawi Grandmother say about the proof being in the pudding? So, I had to put it to the test. Water has a half-life of 5-10 minutes in the stomach depending on how much you drink, how fast, and how cold it is. This means that water (needing no digestion) has a 50% chance of having left the stomach completely within that period of time. Believe me, for good quality ionized water this is true and, like Elvis, it has left the building (stomach) within that time frame. It works for me and with all users with whom I have spoken. From experience you know that if you guzzle 12-16 ounces of any liquid you can feel it "sloshing" around down there for quite some time. On the other hand – and because of its low microclustering characteristic – you can literally jump on a trampoline 5 minutes after consuming an equal amount of ionized water and feel no discomfort. And, that's because it has already been transported out of the stomach and is working its way into the cells. I've heard that exact story from many who have tried it. There's the empirical or "life" (not clinical) evidence.

Because of its low microclustering capability, its strong alkalinity and, most importantly, the low negative ORP and free radical scavenging capability, ***I believe that ionized water is a mandatory, baseline "requirement" for those with cancer***.

Many people ask about distilled and reverse osmosis water. I simply tell them that they are acidic with all (or most of) the nutrients (minerals) removed. Sure, it's pure. But at what cost? Water without minerals will scavenge them from your bones and everywhere else in your body as it moves through you. Water has an inherent need for minerals and, if it doesn't have them, it will go find and take them. The stream running down the mountain picks up minerals from the rocks, earth and sand that it travels over. Don't let it happen to you. Bag the distilled and RO water, the tap water, and bottled water, as well. Almost all water that is sold in a plastic container is acid and was bottled, on average, ***one to three years prior to your purchase!*** Gee, I wonder where it's been?

Since your body is over 70% water, doesn't it make sense to put the best water possible into it? I think so, especially if you have cancer. And, you'll feel the difference.

There are many different machines out there that produce ionized water. I have researched them – and you should too. The technology is pretty much the same across the board with this equipment, with slight differences, but the quality varies widely.

Operation is generally quite simple and the electrolysis process is straightforward. With most machines, after installing a provided splitter on the tap, with the flip of a small lever, water is diverted through a hose and into the machine where it is filtered. The chlorine and contaminants exit here. The water then enters the electrolysis chamber where it passes over, around and between titanium plates that are platinum coated or plated. These serve as the electrodes (electrical conductors). The minerals in the water are "ionized" which, basically, restructures the liquid into its alkaline (OH-) and acid (H+) components. The water then flows out of the machine via two different ports; one for the acid water and one for the alkaline. Fluoride is an acid molecule so much of it passes out the acid port and down the drain. Since the water molecule is fundamentally "split" at this point, the chambers shunt the lower pH fluid through a smaller hose and the high pH liquid through the main, upper hose. Settings on the equipment (most brands) will allow the user to produce alkaline water to about 10.0 pH and acid water to about 4 or 5 pH. A few go as high as 11.5 pH and as low as 2.5 pH.

But you wouldn't drink 2.5 pH or 11.5 pH water, would you? The answer is normally "no" you wouldn't. It appears that Americans have no fear of consuming 2.5 pH soda pop, however. The equipment that produces these pH extremes does so for specific reasons. Most people don't know that when water with a little added sodium chloride and sodium hypochlorite gets below about 2.6 pH it kills most bacteria and pathogens known to man, including E-Coli, salmonella, tuberculosis, staph and MRSA. This makes it ideal for open wounds, burns, and infections. Don't fear the hypochlorous acid water. There is more sodium hypochlorite in tap water or bottled water than in this electrolysis solution.

In addition, 11.5 pH water is an emulsifier and will remove oils and pesticides from fruits and vegetables. I soak all of my non-organic produce (I don't use much of this) in 11.5 pH water for 5-10 minutes before storing or eating. When I take it out of this very high alkaline liquid, the water is actually yellow – reflecting the chemicals and pesticides that have been removed. It also will extend the "shelf life" of your produce to at least twice its normal refrigerator existence. And, since its high alkalinity draws out acids, many with arthritis and gout, muscle soreness or tissue injuries, utilize the 11.5 pH water to soak in to "pull out" acids associated with inflammation, injury and pain. Yes, I've seen it work.

Usually, drinkable ionized water falls in the 8.0 – 9.5 pH range. Most who set out on the ionized water journey start at 8.5 and work up to 9.5. This allows for a build up to higher alkalinity in the body that can bring on a "healing process" known as a Herxheimer reaction. It is actually a good thing and demonstrates that the alkaline water is challenging the body's disease-causing acidosis. Depending on the severity of one's sickness or degree of acidity, this "reaction" should be relatively short-lived. Symptoms can be lethargy, tiredness, headaches, slight nausea, etc. If this reaction gets too severe, one should back off of the pH (read reduce) but INCREASE the volume of water ingested. As a result, the body will flush the toxins that have been "stirred up", while reducing (slightly) the pH will slow the stimulation of these internal poisons.

We spoke of the Hunza (or Hunzakut) people in a previous chapter regarding the nitrilosides in their food, namely apricot kernels. The

Hunza have one of the longest life spans in the world, routinely living to over 120 years old. Yes, they have a nutrient-rich diet that is devoid of all the crap and processed food that we ingest. But they also drink water from pristine glacial streams. The structure of ionized water is similar to that of "Hunza" water. Dr. Henri Coanda and Dr. Patrick Flanagan (and others) discovered that this glacial water had a very high natural mineral content, a high alkaline pH, and a load of active hydrogen with that very important negative oxidation reduction potential (ORP). Can we make the connection?

The technology that has become alkaline, ionized water was birthed in Russia back in the 1950's. Over 40 years ago the Japanese grabbed hold of the technology and perfected it. During the past four decades it has gone through many phases, much research, and endless testing. Restructured ionized water, produced by electrolysis machines, has become a proven and accepted methodology in that country and drinking this substance is a way of life for the Japanese. It should also be so in America but, unfortunately, it's not. As a matter of fact, one Company's line of ionizers is now officially classified and certified as a medical device in Japan. This is the company that I endorse and, as always, I must tell you that I receive nothing for saying so.

I informed you earlier that I spent quite some time investigating both ionized water and the equipment that produces it. Within the past ten minutes, you should have developed a sufficient, working knowledge about this water, its efficacy, and importance for cancer patients. During the course of this water quest, I also reviewed the multitude of companies that produce ionizing equipment and their individual electrolysis technologies and "water reducing" machines. What I discovered is that there is a very wide range of quality and pricing among the many manufacturers. You can literally buy an ionizer for as little as $600 or as much as $6,000. You could also purchase a plastic bottle with a mineral filter that, in my opinion, will not get you anywhere you need to go – as we have previously discussed.

In the field of ionization and electrolysis, it became very evident to me that you really get what you pay for. While there are a few machines that will give you excellent alkaline water and fewer that will provide a relatively high-negative ORP, there are many others that won't do so and most for not very long. You must decide what works for you, what you can afford, and which technology or equipment makes you the most comfortable. Herein, I must advise you, is another "caveat emptor" or buyer beware scenario.

When looking for a water ionizer, please (and I must emphasize this) exercise a great degree of diligence. Most of the equipment in the marketplace today simply does not have the power to produce the recommended 9.5 pH drinking water, the 11.5 pH cleaning water (for fruits and veggies), nor the 2.5 pH sanitizing water (killing microbes/bacteria) – even though ***they claim to!*** The machine you select should have adequate power to microcluster the water and enough "electrolysis" to give a minimum minus 300 milli-volt (preferably, -400 to -500) antioxidant level and, most importantly, to maintain a large portion of that negative charge for two to three days. I have to tell you – most machines that I have seen simply ***cannot do that.***

It is very important to actually see the water "tested" so that you don't get stuck with a machine from a company with a low-price tag, great promises, and no results. An electrolysis unit should have enough internal "plate" surface area to provide you with as many gallons per day as you want without breaking down, shutting off or overheating – and it should have enough power from a very reliable transformer to cause efficient and effective electrolysis and a cleaning system to prevent calcium from building up on the plates.

You will hear many ionizers claim to be equally as good as any other – at half the price. Don't you believe it. Most of them will not produce the lasting antioxidants (ORP) nor the quality of water that they claim. Many will claim you don't have to clean the machine. Well, if you don't clean your machine it will grow mold and – who knows what else?

I made my choice based upon quality (actual, not perceived), longevity, and the "studied proof" of its ionized water and overwhelming support from a multitude of users via their life-changing testimonies. And, no, I didn't just read about these – I have actually talked to the people, heard their stories, and viewed their results first hand. After 10 years, there are literally thousands upon thousands of these testimonies. Their experiences have been truly life changing.

Do your own study – get what you feel is best for you. In a moment, I will tell you what I chose. Prior to that, though, I want to tell you something that is ***critically*** important – and you just can't miss this. This may seem a little technical, but I'm going to try to put it into words that we can all understand.

Now, please listen carefully to what I am about to say as it will forever negate the impressions you have about water. One 12-ounce glass of ionized water, being chock-full of those pesky little, negatively charged, hydroxyl ions (OH-), has more antioxidant capacity within the human body than ***all the organic fruits and vegetables that you could possibly eat in one day!*** Get it? Got it? Good!

I am constantly both amazed and frustrated when, after telling a late-stage cancer patient about the efficacy of ionized water, they respond with something like this: "Yes, I know that water is good for me, that I must keep hydrated and all that good stuff but, Bob, ***where's the pill?***"

You see, we are so indoctrinated into conventional medicine that we have literally "drunk the kool-aid" regarding the continuing belief that the answer to cancer (or any sickness) must lie in some kind of pill. And, while I really can't blame them for their doctor-induced conception of healing, they simply don't get it. Thus, the education must continue – and it will.

My dear friends with cancer – and the other 50% reading this that will ultimately be diagnosed – please (and I'm pleading here) ***do not miss this!*** I cannot and will not say that this water will heal your cancer – no one can. However, what I have seen with my own eyes, what I can corroborate to be fact regarding the science and empirical evidence, and what I now know to be true beyond any reasonable doubt, is that this water appears to help – in some way – ***everyone who drinks it.*** And, it makes perfect sense.

In his book, *Healing is Voltage*, Dr. Jerry Tennant gets down to the nitty-gritty regarding pH and the "body electric." By acknowledging that pH is really a measurement of voltage, he gives the following example: "One measures the voltage of the solution with a sophisticated voltmeter. By convention, if the solution is an electron donor, one puts a minus sign in front of the voltage. If, however, the solution is an electron stealer, one puts a + in front of the voltage. For example, if your pH voltmeter measures +150 millivolts, it means that the solution is an electron stealer with 150 millivolts of stealing power. If your pH voltmeter measures –200 millivolts, it means that the solution is an electron donor with 200 millivolts of donating power."

He continues, "After measuring the voltage of the solution, one can convert that to a logarithmic scale called pH. With this understanding, one can see that a pH of 7.35 is the same as a voltage of –20 mV. A pH of 7.45 is the same as a voltage of –25 mV. Thus, we see that all cellular biology texts tell us that cells are designed to run between –20 and – 25 millivolts of electron donor status!

"Electron stealers cause damage, are a pH from 0 to 6.9, are acidic, are free radicals, are the positive pole, are destructive and, at the atomic level, spin left. You will hear statements like 'all disease occurs when you are acidic.' What this is really saying is that all disease occurs when your voltage is low or in an electronic stealer state. You will also hear statements like 'alkalize or die.' What this means is that you must have electrons available to do work or your cells will die."

Now, here comes the really important part. Dr. Jerry states, "***We maintain***

our health and heal primarily by making new cells. To make a new cell requires a voltage of –50 mV."

I know this is getting a little long and involved, but it is imperative for us to get a true understanding of how this fits into the "ionized water" schematic. So, let's listen to the good Doctor's analogy: "Now, let's consider my thumb. My thumb is running at a voltage of –25mV. It is pink, feels fine and works well. Now, I hit it with a hammer. The thumb is red, swollen, hot, and has a pulsing pain. It has automatically gone to –50 mV. This is necessary to make new cells needed to replace the ones I damaged with the hammer. At –50 mV, blood vessels dilate and dump raw materials such as proteins, carbohydrates, fats, vitamins, minerals, etc. into the neighborhood. I need these raw materials to build new cells. I also need –50 mV to have the energy to turn these raw materials into new cells.

"As soon as I finish making enough cells to replace those I damaged with the hammer, my thumb goes back to –25 mV. It is normal and I am happy. Now, let's assume that I ran out of voltage before I was able to make enough new cells to replace those I injured with a hammer. My voltage dropped to –10 mV. Now, I am stuck in chronic disease. I cannot heal unless I can make new cells. I cannot make new cells unless I have –50 mV and all the raw materials I need to make new cells. In chronic disease, my thumb hurts all the time, it is white, and doesn't work very well.

"Thus, we see that chronic disease is always defined by having low voltage. One cannot cure chronic disease without inserting enough electrons to achieve –50 mV. One must also have the raw materials necessary to make new cells and to eliminate the toxins or infections present that will damage the new cells. One can take all the medications you like and do as much surgery as you like but you will not heal unless you have –50 mV, raw materials, and lack of toxins.

"Without the ability to achieve –50 mV and the necessary materials to make new cells, you cannot maintain your health and you suffer aging and chronic disease. You also are unable to repair injuries so they can also lead to chronic disease. You don't need drugs to heal. You need to make new cells that work to heal. To make good cells, you need voltage and a good diet. You also need to remove toxins from your body that damage cells and make you obese."

Okay, let's summarize. We need –50 mV to heal – not drugs. We need voltage, a good diet, and detoxification. By George, I think we've got it! We are vindicated and validated by another great doctor. Understand here that the –50 mV to heal simply does not magically appear. No, it comes from alkaline pH, flooding the body with those billions of antioxidants (hydroxyl ions) – that highly negative charge (mV) – that neutralizes the free radicals within the body and brings with it the surge of alkalinity. Yes, folks, I'm talking about ionized water. And, specifically, the ***"right kind"*** of ionized water. This is ***real science*** – that stuff that the "proof is in the pudding" is made of.

Now, in addition to Dr. Jerry Tennant, here's what the other real experts say about alkaline, ionized water, and their reasons for why you should drink it:

Dr. Ray Kurzweil and Dr. Terry Grossman, authors of, *Fantastic Voyage: Live Long Enough to Live Forever*, state the following:

"Consuming the right type of water is vital to detoxifying the body's acidic waste products and is one of the most powerful health treatments available. We recommend that you drink 8-10 glasses per day of this alkaline water. It is one of the simplest and most powerful things that you can do to combat a wide range of disease processes."

The author of *The pH Miracle*, Dr. Robert Young, says that "to maintain or restore your body's natural pH balance for optimal health, drink restructured, ionized water which is rich in anti-oxidants and alkaline minerals. Ionized water helps reverse the effects of acid accumulation in the body, the root cause of degenerative diseases and aging."

Dr. Gabriel Cousins, author of *Conscious Eating*, says it simply:

"Water ionization could be one of the most important health breakthroughs in our era."

"Alkaline water produced by a water ionizer has become the most important advancement in health care since Sir Alexander Fleming's discovery of penicillin." This quote (and a very stunning one at that) was voiced by *Cancer Cure* author, Dr. William Kelly.

Dr. Theodore Baroody, D.C., N.D., Ph.D. Nutrition, and author of the classic book, *Alkalize or Die*, provides his opinion on this elixir of life:

> "After years of very positive continuous clinical experiments that I am conducting with hundreds of clients using electronically restructured, alkaline water, it is my opinion that this technology will change the way in which all health providers and the public will approach their health in the coming years. My suggestion is to drink restructured, alkaline water whenever possible." Also, from Dr. Baroody: "You do not need expensive medicine with all the negative side effects to regain health. Alkaline water has profound long-term effects because it alkalizes your body and provides an effective antioxidant."

The following statements all came from the detoxifynow.com website:

> "Ionized water has millions of hydroxyl ions per glass. No other water has this incredible benefit. Hydroxyl ions 'neutralize' cancer causing and destructive free radicals in the body.
>
> "Ionized water is thousands of times more healthful to your body than any other water. And the proof 'is in the pudding' so to speak. Everyone who drinks ionized water, either in its natural state as glacier milk, or from a properly built and functioning water ionizer, lives in a state of health light years beyond those that don't.

> "One glass of ionized water can hydrate your body better than gallons of any other water.
>
> "Ionized water alkalizes your body better than the only other method (eating a 100% organic and raw vegetarian diet).
>
> "Cancer, obesity, high blood pressure, diabetes, arthritis, kidney/renal disease, cardio-vascular disease, ad infinitum, are all slowed, stopped, and in most circumstances reversed when drinking ionized water.
>
> "Ionized water can flush toxins and poisons out of your body better and with considerably less negative effects than any other detox program/protocol."

This last statement has been verified in spades by Dr. Hiromi Shinya, the co-developer of the colonoscopy and a life-saving medical tool used for the endoscopic procedure that removes polyps in the colon. His technique for removing these growths, called the "Shinya Method," is widely utilized in colonoscopies today. Dr. Shinya has performed more than 370,000 of these medical tests and over 140,000 polypectomies and is a staunch supporter of ionized water, mainly because he has seen its results in the human colon. The video evidence, both before and after the usage of ionized water, is stunning. You can view these videos yourself by entering the good Doctor's name into your search engine – hopefully, after you're done eating. Dr. Shinya puts all of his patients on a high alkaline diet with a minimum of one gallon of ionized water (depending on body size) per day. All of the cancer patients that he and his team have treated have a ZERO recurrence of ANY kind of cancer. In his book he states flatly that if people would follow his recommended lifestyle – there would be no cancer at all.

If I were looking for an electrolysis unit today, I would choose the SD501 or K8 – both made by the Enagic Company. I have explained most of my reasoning for this decision in earlier comments. The versatile, multi-function SD501 and K8 are rather expensive at $4,000 and $5,000 respectively, but they are worth every penny and are simply the "Rolls Royce's" of water ionizers. Other impressive units from this company range in price from $1,980 (travel) to $6,000 (commercial). The water that they produce is referred to as "Kangen Water"TM, which is a registered trademark of the Enagic Corporation. No other company's ionized water can legally be called by this name. They were the first, having been in business since 1974, and have been the unquestioned leader of this industry since their first unit was built. Most of their equipment will last for yours or my lifetime and, if we outlive it, they will recondition it for a small fee.

The fact is that I only want to buy one ionizer, I want it to be durable, and to always produce the high alkaline, negative ORP, low microclustered water that my body really "thirsts" for. For all of my requirements, including the 2.5 acid water feature and the 11.5 super alkaline water capability, only Enagic fit the bill. No other company's machines will produce water at these extremes, despite what they say. Some may disagree with me – that's O.K. Establish your own criteria and find the one that works best for you. Although the Enagic unit is a little pricey, it is more than worth it for what you get – and it might just save your life. Remembering that a single day in the hospital for a cancer patient now far exceeds $6,000, this could be a real bargain. I don't believe mine will ever expire and I plan on living a lot more years. It will still probably outlive me – that's how good I believe it is. And, in fact, it is the only unit that I found to be really worthy (health enhancing) ***at any price***.

Whatever your choice, find a way to get good quality, highly alkaline, negative ORP, low microclustered, ionized water into your body as rapidly as you possibly can – especially if you have cancer. Do not drink a lot when you take medications as it could make them more potent. Take only a small amount of this water with your meds (or utilize the 7.0 neutral water) and allow 30 minutes or so on either side of medications for consuming larger quantities. Also, stop drinking about 20 minutes before you eat and wait for at least an hour after meals to resume. Some say to drink an ounce or two of the 2.5 water 15-20 minutes before meals to help get the stomach acid flowing for digestion. Your choice.

I would be remiss at this point if I did not tell you about a recent discovery regarding this truly amazing substance. Most people utilize the 8.5 pH to 9.5 pH water for drinking. However, it has become evident that the super-high 11.5 pH water appears to be doing some stunning things for some very sick people. Of course, and once again, this water does not heal or cure anything in and of itself. But the internal mechanisms that you have just read about – and that come into play within the human body – will support the immune system and the body's return to homeostasis – and this water helps to facilitate that. Most will tell you not to drink this high of a pH water as it is very alkaline – 100 times more alkaline than the 9.5 pH. I won't tell you to drink it either. But, I would – and I have, and I still do. And, I personally know of someone (in her 70's) who has drunk over a gallon a day of this high pH alkaline water. This woman was very sick and given less than 90 days to live. At last report, after a year and a half of gulping this ultra-high pH water, she was alive and well (read her story in the testimonial chapter). Again, I am not telling or advising you to drink this level of alkalinity. It must be your choice. I must confess, however, that I have never seen anyone harmed by it – only helped.

I often remind those naysayers of 11.5 pH *anything,* that many cancer patients use cesium chloride – cesium being the most alkaline mineral/element of all at a pH of 14 – which is the absolute top of the pH scale. It does not harm them. They can only take so much (the body will tell you when it has had enough) and it depletes the body of potassium so one must supplement. So, my response to the 11.5 pH Kangen Water for consumption is that it is NOT too alkaline and has never been known to damage any part of the body or harm anyone that I know of. Again, I drink it and have no fear of doing so. In my opinion, neither should you. Deep inside, I know that this pH of Kangen Water is very special. With the super high alkalinity and a much higher negative ORP, I feel that there is no better choice that will really make a difference for cancer patients – and anyone else struggling with chronic illness. As a matter of fact, I truly believe that this is the number one thing to be consumed by late stage cancer patients. Before you ask, the answer is "because we have seen it work (virtually every time) in human bodies and the results always appear to be amazing." I have no doubt that the best way in the world to bring an acidic body back to alkaline is through Kangen Water. Period. End of story.

Checkout the Enagic USA corporate website at www.enagic.com and review the technology and equipment. You can find out how to acquire a water ionizer by contacting the IWARC/AACI or your local Enagic Distributor.

If you choose to go another route for ionized water, please research thoroughly and choose wisely. You'll be glad you did. Giddiyup!

I have no financial interest in the Enagic Company nor do I receive any remuneration for my recommendations. And though I don't benefit, everyone else seems to – by drinking this water.

CHAPTER SEVEN

STEP FOUR OF THE CANCER DIET: THE WORLD'S BEST SUPPLEMENTATION – PERIOD

"Let food be thy medicine and medicine be thy food"

Hippocrates

I searched for years to find the ultimate nutritional product that cancer patients – and those inflicted with chronic illness – could utilize to feed their sick and diseased bodies. During that quest, I found a few good companies and several pretty good, nutrient rich supplements. However, nothing really measured up to supply the true empirical evidence I needed to prove that health and healing (and wellness) occurred in its presence. That remained true until when, now years ago, I met a gentleman named Dave Zuro who introduced me to the Reliv Company and its products. The light came on, the door swung open, and in walked what I knew to be the answer for cellular nutrition and healing. At least that was my firm belief after studying the nutrients, synergy, and bioavailability of these "cans of goodness." And, you know what? Both Dave and Reliv have proven me right. I just love it when that happens. Through thousands of testimonials (the real evidence), the Reliv products had shown to be so good for cancer patients that these nutritional supplements, which I believe to be the world's best, deserved their place in the sun and their 20 minutes of fame. So, here it is and, I must say, it's about time.

Let's start off this way – so that there is no confusion, no false assumptions, no leading anyone down the wrong road. The products from the Reliv Company do not heal anything. There – I've said it, and anyone involved with this company, or the company itself, would tell you the same. And, you know, it must be said about any supplement, treatment, therapy, protocol, doctor or medicine. They don't by themselves heal – *BUT* – and this is a big *BUT* – many do facilitate healing through the only thing that actually does – the human immune system. Before we go forward, make sure you have that straight.

I have said all that to say this – and, to drill home a point that many miss; given the right ingredients, the immune system will heal almost anything, from the common cold and the seasonal flu to cancer and heart disease. No one, nothing, can deny that fact. Here is the summation: ***good nutrition trumps disease, especially cancer, almost every time.***

Of course, if your immune system has been almost completely compromised or destroyed by conventional treatments (which happens more often than not today with cancer), nutrition will probably do you no good. Believe it or not, many (some say most) cancer patients who undergo the Big 3 (chemo, radiation, surgery), or any combination thereof, are now ***being killed by the treatments that are supposed to be saving them!*** Let's see, was that clear enough? The gold standard of treatment for cancer in America is actually causing the deaths of those afflicted. The chemotherapy drugs (many that are platinum-based) are so toxic now that they actually destroy your intestinal tract, your brain, liver, etc. Ever hear of "chemo brain?" And, we already know that radiation kills everything it touches. Should I go on? Most of this was covered in Chapter 2. Think about this: we are using chemicals and radiation to try to cure a disease that is caused by chemicals and radiation!

While many stage 3 and stage 4 cancer patients will need further intervention outside of the baseline anti-cancer diet and supplements, most (in my opinion – because I've seen it happen time and time again) will be able to turn around their disease with the right foods, liquids, detoxification and supplementation. Folks – it works.

I must restate that individual foods and supplements by themselves cannot always do this alone and no one can say that they heal or cure cancer – although, some people would argue with me with their cancer-free bodies as evidence. We must stop cancer from growing, feed the good cells, then destroy or revert the cancer cells. Remembering that the best chemotherapy that we can take is the food we eat three times per day, the anti-cancer diet is the foundation of this aforementioned, three-pronged approach.

Recently announced in the press was the astonishing discovery (to the mainstream media, that is) that bromelain (an enzyme from the pineapple) was far more effective at treating cancer than the much- used chemotherapy drug 5-FU (we affectionately call that 5 feet under). And, guess what? There are none of those nasty "side effects" with this natural substance. We had heard years earlier that graviola (from the natural tree in South America) was 10,000 times more effective than Adriamycin (Doxorubicin), another chemo drug. Again – no side effects.

So, just what is going on here? What's up with all these recent discoveries that natural foods and plants are far better than the treatments that mainstream medicine has been using – with no toxicity? Do I really have to explain that? To the world at large it would seem so. I tell you what – let's insert right here a little bit of that seemingly elusive common sense that appears so uncommon today. And, we should condense this here and now so that all can understand it (read modern medicine). Distilled down to its most precise and meaningful formula, I submit the following: ***Food, good – drugs, bad.*** Add to that what we have already learned – that radiation is lethal and surgery spreads cancer and almost guarantees that it will never leave your body, and the elusive answer to cancer treatment becomes perfectly clear. Having just said it and, for those with their hands over their ears and perishing the thought, I will say it again so that nobody misses it (but many still will). ***Good nutrition trumps cancer almost every time!***

Here is where I'm going with all of this (complete disclosure). I love the Reliv Company and have for many years – and no one has paid me anything to say that. And, if I wasn't doing what I do, I would probably be one of their 60,000+ distributors. To date, I have spoken with thousands of Reliv distributors and find them to be some of the nicest and most concerned people (about your health) that I have ever met. Yes, they are actually more burdened about you and your well-being than selling you any of their products. And, I hear these same people talking about their leader, founder Bob Montgomery, as if he was their best friend. They expound upon the genius of their head scientist and product formulator, Dr. Carl Hastings, to no end. Rightfully so. Dr. Hastings has put together (with help), some of the most nutrient-rich, scientifically proven, natural supplementation formulas in the industry. I've told you that good nutrition trumps cancer (and all disease – for that matter). Well, to carry that a step further, I sincerely believe that Reliv products trump all others out there (for pure and efficacious nutritional value) – although there are some other very good ones. No one – once again – has paid me anything to say that – nor would I ever take anything for an endorsement. I shout it and recommend it because I believe, with no reservation, that it is true. Therefore, it's simply the right thing to do.

And, here's why – ***exactly why*** – I say this. Through my investigation of this company and its products, I have had the honor of meeting (most in person, some on the phone) literally thousands of people who have told me, without hesitation, that these nutritional supplements had changed their lives. They won't come out and say that their cancers or other sicknesses were healed by consuming these products (nor should they), but you can tell immediately that their lives were significantly altered by this excellent nutrition. Their passion about this company is easily interpreted and evident.

I often tell cancer patients that it is not possible to consume five pounds of broccoli, five pounds of kale, five pounds of spinach, five pounds of Brussels sprouts, five pounds of carrots, etc., every day. You get the picture. Although, when deeply afflicted with this deadly disease, we actually do need the basic nutritional equivalent derived from these quantities of good organic, alkaline, nutrient-dense foods. Unfortunately, it is simply not possible to consume these amounts, especially when you are sick. Many cancer patients have trouble eating a bare minimum of the right foods and usually crave sweets and sugar – a result of that seemingly insatiable need that your body has to feed the candida (fungus) with which almost all cancer sufferers are overrun.

Enter – ***nutrition in a can.*** And, what I like to refer to as (I'm gonna say it again) "one of the absolutely best and significantly fundamental nutritional supplements in the world." To support that statement – which some will question without doing the homework that I have done – I firmly believe that I could nutritionally survive (and actually thrive) for a very long time with merely the Reliv "Classic" and Kangen Water™. ***I think it is that good!***

I know you are asking – "what exactly is this stuff, what's in it, and how will it help me?" We've already answered how – remember the good nutrition thing? Sure, you do. Now, here's the rest of the story.

Most people know by now that I do not promote many companies or products (that is changing), but simply ask these same people to do their own investigation regarding foods, vitamins, minerals, etc., and find out – to their own satisfaction – what is really good and will work for them. In this book, I point out a few supplements and companies because they are on the leading edge of nutritional and therapeutic technology. Reliv International is one of these "exceptions."

You see, the Reliv products are largely soy-based. This scares the you-know-what out of a lot of people because they simply don't know the ***real truth*** about soy. We are about to lay that to rest – once and for all. Friends, you are absolutely right to be leery of soy. Up to 95% of all the soy grown in our country is GMO (genetically modified) and is ***NOT*** good for you. Much of the rest is treated with hexane or other chemicals and is also not good for you – in fact, very bad for you. I don't have the space here to go into everything that is wrong with GMO's, but I encourage you to study this. Reliv soy is monitored closely from seed to can. There are no GMO's here and no chemicals – period. There is no pure soy that rivals this anywhere that I am aware of.

Here are the facts and the process of discovery that I went through to find the truth (remember the truth?). After extensive research on the Reliv product line, the evidence showed plainly that the nutrient-dense food supplements that they formulate are packed with synergistic vitamins, minerals, enzymes and other quality ingredients that are bioavailable (your body will actually use them) and nutritious. The key words above are "synergistic" and "bioavailable." Obviously, it is always better to eat the raw plants, i.e., broccoli, kale, spinach, etc., because God created these with the full spectrum of nutrients that work together, complimenting each other to render the ultimate in nutritional efficacy. And, God doesn't make mistakes. One's body must be able to utilize these ingredients or they are useless. These products work because they provide both.

Subsequent to this observation, I still needed more proof. After all, isn't it most important to see what these products have actually done for people, how they work internally, not how they performed in the petri dish or on mice? I think so.

So, I spoke with many, many former cancer patients who firmly believe that these natural food creations saved their lives. I have literally spoken to hundreds and hundreds more since that first investigation. Again (and again and again), they don't and won't specifically say that Reliv products cured their cancers (or other chronic illness). They just know that they are healed – or at least appear to be. I have also seen volumes of written testimonies of the "positive effects" that these patented "foods" seem to have on the sick and diseased – once again, especially cancer patients, and many of them – late stage sufferers.

I also went back to the research to find out what scientists have discovered and are discovering about the efficacy of soy as it relates to cancer. Coupled with the obvious and overwhelming success of these products through the "legion" of testimonial evidence of strengthened immune systems and all of the voluminous research documentation citing the phytochemical activity of soy vs. cancer – it made perfect sense why so many thousands of people think so highly of Reliv products.

I looked at several studies – but simply cannot print them all here. I consider the results to be very compelling and, because of what I have physically seen and heard (first hand) from Reliv users, know the facts they espouse to be true. Here's a brief summary of several studies from the July, 2010, edition of *Life Extension Magazine* that have been published in respected American Journals from 1998 to the present:

> "Soy derivatives, particularly soy proteins and the isoflavones, exert powerfully beneficial effects across the multiple systems of the body. Despite popular misconception at the hands of a vocal group of detractors, soy protein's action on estrogen receptors gives them unique capabilities not found in drugs or other natural compounds. By preferentially acting upon estrogen receptors associated with cancer suppression, soy isoflavones can reduce cancer risk."

But here is where it gets dicey and why so many people are now afraid of soy and run from it. Years ago, America's doctors began prescribing hormonal estrogens to pre-menopausal and menopausal women. Thinking they were doing the right thing, these physicians literally created a cancer disaster almost overnight. These women started to develop both breast and reproductive cancers. It wasn't until years later – and after a ***very significant*** number of deaths – that this practice was stopped. Unfortunately, now these same doctors run from anything that has the "e" word (estrogen). Of course, soy has phytoestrogens – better known as plant estrogens. These are not hormonal estrogens (although related) and are actually good for women – and all people. These phytoestrogens actually sit on the estrogen receptors within the body and prevent hormonal estrogen absorption.

Naturally, women are scared to death – again – by supposed professionals who simply don't know the truth about soy. Study, do your homework, know right from wrong, learn the truth! Sorry ladies, that was for the doctors.

The fact is that phytoestrogens are naturally occurring substances and an important part of a plant's defense system. You will find these "plant" estrogens in flax seed, sesame seeds, apricots, alfalfa sprouts, olive oil, almonds, green beans, garlic, and cruciferous vegetables – and many others. Now, tell me, how many believe that these are bad for us and cause cancer? Or any other disease? Will we now run from Broccoli? I think you get the point and can readily see through the fallacy that now seems to permeate conventional medicine and much of our society. I guess if I was responsible for the suffering and death of thousands upon thousands of innocent women because of a preventable medical blunder – I would be a little skittish of the "e" word, too.

Whatever your thoughts about soy, I know with certainty (no wavering here) that the many products (soy-based) offered by the Reliv Company are beneficial for cancer patients and all others that choose to utilize them for sickness or prevention. Clinical studies prove it – and, healed bodies produce the empirical evidence that shouts to the world what simple, synergistic nutrition will do for the human immune system. Please remember, this God-given cancer fighter is, in essence, the only thing that will heal our sickness and disease. Feed the body (with the right stuff) and it responds. Reliv products are the "right stuff." Of that – there can be no doubt, there can be no question, it is proven.

To that end, until you've looked into the eyes of a healed cancer patient or heard the impassioned testimonies of the multitudes of those who "know" that this nutrition (making no claims) has made an undeniable difference in their lives (that being that they are still on this side of the grass), don't you dare tell me that it can't be so. I've seen it, I've heard it, I've investigated it – and I "know" it to be true. The debates end right there – but the stories of the healed bodies and families – continue!

And now, it gets even better. Enter Dr. Alfredo Galvez and lunasin. Dr. Galvez earned his PhD in genetics and discovered lunasin – a naturally occurring peptide (protein) found in soy – by accident while studying the nutritional profile of soy protein at the University of California – Berkeley, in 1996. Nine patents now exist on this protein and the individual extraction process from the ***non-GMO*** soy.

Since the time of its discovery, lunasin has been intensively studied by over 20 institutions and findings have been published through many journals via over 40 peer-reviewed studies. It is somewhat ironic that the name lunasin is derived from the Tagalog (Phillippine) word for "cure" – don't you think?

Dr. Galvez is an extremely intelligent genetic researcher who now works hand-in-hand with the Reliv Company in developing and improving products with the addition of the lunasin peptide.

LunaRich™ is the name of the whole soy powder with lunasin that is a major staple of the new Reliv product called "***NOW.***" I have had the opportunity and privilege of speaking on several occasions with Dr. Galvez about his discovery and the modus operandi of the lunasin and LunaRich ™ product. While he does not call lunasin a cancer cure, he believes it to be a very effective cancer preventative (and stressed "preventative") as it appears to be an excellent suppressor of chemical carcinogens. Of course, my interpretation of that would be a little different from the good Doctor's description. I believe him to be "spot-on" regarding the "prevention" analysis – and he would know far better than I. However, at the American Anti-Cancer Institute and International Wellness & Research Center, we believe that what prevents also heals – and what heals also prevents. Naturally, we are talking about the human immune system here – not the cancer (my disclaimer).

As previously mentioned, many studies have been done on this substance over the past two decades; these have shown lunasin's anti-aging, weight loss, inflammation, and skin health benefits and characteristics. It has also been shown to significantly lower LDL cholesterol (the bad kind). Looks like Lipitor™ is in trouble.

The Reliv Company introduced a new product several years ago now that pushes the edge of the nutritive healing/prevention envelope. You are going to hear a lot about this in the years to come. ***LunaRich X™*** is an ultra concentration of the lunasin peptide that is now available in capsule form and meant to be taken in conjunction with other Reliv products – not exclusively by itself (there's that synergism thing again!). The Reliv Company reports that you would have to consume 25 grams of high-quality soy protein to get the same amount of bioactive lunasin found in one capsule of ***LunaRich X™***. Subsequent benefits also reach to heart disease, improved immunity (cancer), inflammation reduction (cancer), and overall cellular health. Do I think this would be good for cancer patients (and most other living organisms)? You betcha I do.

When asked for his own view regarding soy and whether it is safe or not, here is how Dr. Galvez responds (as a scientist):

> "There is a fundamental difference between the training of physicians and scientists. Physicians are trained to be decisive, even in the face of incomplete information. Scientists are trained to be skeptical, even in the face of (apparently) overwhelming data. To drive home this point, let me use as an example the effect of soy consumption on breast cancer. In the early 2000's, Dr. William Helferich, a nutrition scientist at the University of Illinois, published a series of papers on the effect of genistein, a phytoestrogen found in soy, on promoting the growth of human breast cancer cells in mice (whose ovaries were removed to get rid of endogenous estrogen). His research was sensationalized by the media and, to this day, has been used by anti-soy proponents as an example of the 'dangers of soy' and by physicians to recommend to

> their patients NOT to consume soy. Dr. Helferich, being a scientist, knows that the relationship between soy and breast cancer is much more complex than what his initial research has suggested. He did more research and in 2010 published with other scientists a review article on this subject: Is soy consumption good or bad to the breast? A portion of their abstract states, 'Results suggest that women consuming moderate amounts of soy throughout their life have lower breast cancer risk than women who do not consume soy. Findings obtained in 2 recent human studies show that a moderate consumption of a diet containing this isoflavone (genistein), does not increase the risk of breast cancer recurrence in Western women, and Asian breast cancer survivors exhibit better prognosis.' And, in direct correlation with my work on lunasin, they further conclude, 'We propose that the reduction in (breast cancer) risk involves epigenetic changes that result in alterations in the expression of genes that regulate mammary epithelial cell fate, i.e., cell proliferation and differentiation.'"

Good on ya, Dr. Galvez. And, keep up the great work.

Folks, you know me. I could go on and on. But you also know that I typically don't go into the chemistry and in-depth science because most of you don't want to hear that. You simply want to know what works and the basic proof that it does. If interested, you can always get on your computer, Google™ lunasin, find the clinical studies, and bounce around for a few hours among the 15-22 letter words and find solace – if that's how you roll.

Reliv. I'm a believer – I think you've gotten that part by now. Can I tell you that these products will heal your cancer? In a word – no. Can I say that they will work within your body to build your immune system and support the myriad of internal functions necessary for healing (epigenetics)? Absolutely. Would I use these products if I had cancer? Without question – lots – I use them now. As a matter of fact – and please don't miss this – the Reliv products are one of the top two things that we recommend ***for EVERY cancer patient!*** Yes, every cancer patient. You be the judge. For those of you who still won't touch soy, Reliv now has a whey protein-based version of their "Now" formula. Use this if you can't handle soy for whatever reason.

We do not sell the Reliv Products at the International Wellness & Research Center/American Anti-Cancer Institute. If you know or can find a Reliv Distributor – go through them. Otherwise, contact us and we will direct you to a Distributor.

As always, the preceding comes from my study and investigation, interviews from literally hundreds and hundreds of individuals, review of a legion of testimonies, and the fact that I use the products myself. The Reliv Company has neither approved nor rejected the foregoing. And, may God Bless them.

As I continue to consume the Reliv "Now" and "Classic" shakes, I think sadly of those who will assume one or two things: First, that I must have friends or business associates that will benefit or be enriched from the exposure of these supplements and, secondly, that these are just powdered drinks like so many, many others currently in the marketplace and they might be okay – but not significant in the everyday, ongoing battle against cancer and every sickness known to man. I know, it just seems too simple.

Well, if you fall into either of these scenarios, I must tell you (without reservation of any kind), that you are wrong – but I sincerely hope that you do not end up "dead" wrong.

In this short but miraculous life that God has gifted us with, we all make mistakes, miss opportunities, and are occasionally led astray. A cancer diagnosis is very daunting and scares many beyond measure. With this disease, we simply cannot afford to make mistakes, miss opportunities or be led astray.

Don't be fooled into believing that conventional medicine is the answer to cancer. Ninety-seven percent of those who go that route are not alive within five years of diagnosis. Don't be one of them. Search for what really works. We know for a fact that fundamentally good nutrition is baseline for cancer – despite the fact that many oncologists say it doesn't make any difference what you eat. If that statement wasn't so fatally sad – it would be a joke.

Stop (did you hear me?), STOP looking for the magic pill! Many find out too late that it doesn't exist. In my mind, through all my in-depth and exhaustive research, I have had no choice but to conclude that the primary, fundamental ingredient to the prevention and healing of cancer lies in nutrition. Petri dishes and test tubes produce more questions, clinical trials of drugs exhibit little to no truth, and mice "given" cancer then pharmaceuticals are not representative of the human cancer experience, and not real science at all. No, what really works has been made illegal by the "powers-that-be" and dismissed as not relevant.

I have personally heard hundreds upon hundreds of testimonies relating to the Reliv products. You will read several of them in Chapter 13. A few years ago, I talked with Al and Rosey Dosch of South Dakota. Listen to Al's personal experience:

> "I had sheared sheep for twenty years. I developed a lot of joint and muscle pain throughout my entire body. My main concern was my left knee. I had lost the range of motion in it and it would swell up and get huge. If I bumped it the pain would be incredible.
>
> "I started taking Reliv and in 10 days I was sleeping all night. My energy levels increased. In 4-5 months my joint and muscle pain was gone. I got the range of motion back in my knee and the pain went away and most of the swelling was gone. I got by great like that for 2 years. Then, I had a fluke accident and hurt my right knee. I went in for x-rays and they x-rayed both knees. The Dr. said your right knee will be fine, but your left looks very bad. It looks like cancer. You need to go to the Mayo Clinic and find out

> what is going on. I went home and started flooding my body with the Reliv products.
>
> "The Mayo Clinic diagnosed me with Stage 4, Large B Cell Lymphoma. It was in my femur bone and in all the soft tissue from my knee to my mid thigh. The Dr. said he had no medical explanation why I had not lost function and circulation and should have had to have that leg amputated a long time ago. My veins and nerves went through the mass. They had never seen that before.
>
> "I did do 6 rounds of chemo every 3 weeks. It was called R-Chop. I sailed through the treatments. I did not get sick. I ate whatever I wanted. I had good energy and could work every day. My blood counts stayed in the normal ranges. Three months after my last chemo treatment I went elk hunting with my wife and friends in Colorado. I had no problems with altitude sickness and was able to go up and down the mountains with no aches or pain. I got a 6 X 6 bull elk. I am very thankful that I found these products when I did. Today, I have 2 legs and 100% use of both of them. I have been cancer-free for 3 ½ years, pain-free, and on Reliv for life!"

Thanks, Al. I can't help but wonder if those of you reading this understand what an incredible testimonial this is? It's amazing to comprehend that Al changed nothing else in his life – but added the Reliv products and flooded his body with them. There's that nutrition thing again. It is interesting to note that he survived despite the very caustic R-Chop chemo – not because of it. And, his survival will be chalked-up in medical circles to the wonder and healing power of chemotherapy. Herein lies another grandiose misuse and manipulation of statistics – and total disregard for the truth. Incidentally, at the end of 2018, Al was still taking Reliv and working with sheep. He remains in remission and is doing well.

Here's another, friends. Some of these are so life-altering that they must be shared:

"Hi, everybody. My name is Ron and I'm from Fort Dodge and I have had great results with Reliv. But tonight, this story is NOT about me. This is about a young lady who has spent a long time battling medical conditions. She is a young lady – 32 years old with a husband and a 3-year old son. She has been diagnosed with cancer 3 times and has gone into remission twice.

"On April 7th, 2012, her family took her to the ER at the hospital because she became unable to walk. After some tests, she was admitted into the ICU with further cancer diagnosis. The cancer had blocked the lymph nodes in her leg causing it to swell up and retain fluids. From that point on her health went downhill rapidly. After several attempts to determine what was causing all this with MRI's, ultrasounds and CT Scans, it was determined there was nothing more that could be done for her. Up to this point she had undergone 7 surgeries and her body was flooded with chemo and morphine. The Doctors then gave her three choices – she could stay in the hospital, go home, or go to a hospice facility. Whatever her decision, they told her that she only had about 24 hours left to live.

"At that time, she showed all of us that she was a tower of strength. She chose to go to her husband's parent's home in hospice care. By that time, the cancer had eaten 3 holes in her leg – one in her shin, one behind her knee, and one in her thigh that was so large her caregivers could put an entire hand in it and touch her bone. These holes drained constantly and had to be wrapped several times each day. The hole in her groin was so big and had so much drainage that they used baby's disposable diapers to catch all the drainage. Her mother-in-law spent many hours taking care of her.

"She continued to fight for her life with hospice nurses checking her 5 days each week – and then we started her on RELIV. Within a couple of weeks, an improvement began to be noticed in her health and mental state. Her leg sores began to heal, and today

> two of the three sores have healed. Since the day she was given 24 hours to live and was bedfast, she has gained ground enough so that she can get around on her own and has strength enough to do a few of her own household chores – and now helps to take care of her son. She has begun to take the new LunaRich™ X capsules along with her Reliv shakes (she calls them her 'power shakes'). This has been a long climb to the top of a mountain for Samantha. And, although she may not be at the top just yet, she is a fighter and we pray to God that she will be able to complete that climb."

And, I would bet that she does. Thank you for that story, Ron. We, too, hope that this journey has a happy ending – and believe it will. Remember that part about nutrition "trumping" cancer? Once again, it proves itself in an actual human body – one that was given an imminent expiration notice. Overwhelming nutrition seems to be winning.

O.K., I can't resist, one more testimonial. Let's see, which do I choose, there are so many. Here we go.

> "My name is Linda Forbes. I live outside of Americus, Kansas. I am a private piano teacher, a full-time instructional associate at a school, and a pianist/organist for my church. My husband, Tom, and I have three children and eight grandchildren. I'm so grateful to have the opportunity to share my story in hopes of giving encouragement to anyone diagnosed with cancer.
>
> "March of 2005 changed my life forever. Looking back, I had not felt like myself for quite a while. I was having difficulty just handling everyday things; working, relationships, and my home life. I was unable to sleep soundly at night and was extremely tired most of the time. I had developed a slight annoying cough and found it hard to walk without being out of breath. Following a colonoscopy and a CT scan, the diagnosis was colon cancer. After a surgeon removed half my colon, cancer was found to be in the lymph system so it was classified as Stage 3.

"It was recommended that I have chemotherapy for six months. I began receiving chemo treatments at a cancer center for 4 hours and then was sent home with a system that dripped chemo through my veins for another 42 hours. This was repeated every two weeks. The side effects of the chemotherapy were neuropathy in my hands, the inability to digest food, severe constipation, and insomnia. Steroids were included in my treatment.

"I did not believe that treating my symptoms with chemo drugs would ever make me healthy – and how was I supposed to keep cancer from coming back after the treatment? After three months of chemotherapy, I had read enough information to make the hardest decision of my life. I cancelled all future chemotherapy treatments. I went to a Naturopathic Doctor who told me I still had cancer according to my blood work. It was now July of 2005. My new treatment included an extreme diet change, many vitamins and minerals, Vitamin C infusions and colonics. My Naturopathic Doctor was keeping track of my progress by having blood drawn and reading results.

"We met Mark and Julie Simpson at a concert in Salina, Kansas in October of 2005. Through them, we learned about Reliv. Julie put me in contact with some of her friends who had dealt with cancer and, after listening to their stories, I began taking six double Reliv shakes a day for six weeks. In January of 2006, my doctor told me that my blood tests showed very significant improvement. She explained that cancer could not thrive and grow in my body because it was oxygenated and in an alkaline state. It is very important to note that Reliv is ***definitely not a cure for cancer***, but my body used the amazing nutrients Reliv provided to help healing take place.

"It is now July 2013, and I have not dealt with any cancer for the last seven and a half years. I do not have the side effects that many do after chemotherapy and the Reliv products continue to be an important part of my healthy lifestyle. When I share with others,

> I always say, 'Put so much good in you that the bad can't stay and know that your body has the ability to heal itself."

Author's Note: Linda is alive, well, and prospering in 2018.

Good nutrition works. And, Reliv supplements are, inarguably, one of the best forms of fundamental and synergistic nutrition ever created. The proof is literally in your face and undeniable. If I were you, with or without cancer, I would immediately make these products a part of my daily nutritional regimen. I have. Your turn.

CHAPTER EIGHT

THE TREATMENTS: WHAT I WOULD DO AND WHY

"Is DMSO effective as a cancer treatment? YES. In the documented research literature and in actual cases we have witnessed firsthand, evidence shows that it has brought about total remission on many high grade, aggressive tumors which had progressed (metastasized) to the lymph nodes and other areas of the body."

Camelot Cancer Care – Tulsa, Oklahoma
Now Holy Grail Cancer Care - Cancun

Just prior to writing the original version of this chapter, I got a call from a friend of a young couple whose 4-month-old child was in the hospital with cancer. Actually, the child had not left the hospital since birth, as a large growth was immediately evident on his left side, postpartum. Within two weeks he was diagnosed with a rare form of cancer called Infantile Fibrosarcoma.

While I'm sure the doctors want to save this little boy, the subsequent story of his short life is horrific. He has been subjected to multiple chemotherapy drugs, transfusions, and CT scans. Physicians have infused him with steroids and other medications. He struggles to breathe and his heart rate has many times raced to over 200. The tumor that is close to his little heart and lungs continues to grow unabated and has eaten through blood vessels causing bleeding into his chest cavity. The chemo causes him to throw up acid since there is no food in his tiny stomach. His heart is now producing PVC's (pre-ventricular contractions), he has partial vocal cord paralysis, he continues to bleed, and the tumor is growing more aggressively.

The friend who called was hopeful that the baby's father would contact me and that I might be of some assistance. I assured him that I would do anything that I could. I do not treat, diagnose, or advise cancer patients. I merely tell them what I would do, based upon their situation, if I was in their shoes. Unfortunately, there is probably nothing that can be done for this poor, baby boy. Based upon my limited knowledge of the case and reading the "on-line" journal and profile, and my comprehension and understanding of conventional cancer treatments and therapies, there is little that anyone can do at this point. And, while I hope and pray that he survives and grows up and lives long, I really don't think he will.

Whether or not he would have survived with "alternative" treatments from the start, I cannot say. What I know to be certain, however, is that the barbaric litany of drugs, poisons, tests and therapies that he has been subjected to will probably be his end – not the cancer. It's just the sad and tragic truth. I so much hope that I am wrong.

What is commonly referred to today as "alternative medicine," is actually as "conventional" as it gets (I'll say this continually in this book). When did it become "alternative" to treat yourself with the elements that were designed to heal you in the first place? When did we begin to disregard the human immune system as the primary disease fighting mechanism and give that title over to anti-biotics, antacids, poisons, and radiation? Why have we become so intellectually challenged when it comes to treating the diseases that ravage our bodies and doing what is right and necessary to save our own lives?

Don't you see? These man-made ideas of health and healing are the true unconventional protocols – the real "alternative medicine." And, as long as we subscribe to this pseudo healing status quo, we will continue, as a people, to physically deteriorate, suffer, and die prematurely.

The main problem relating to helping this little boy is that the parents would not be able to get him out of the hospital and treat him with anything that was not accepted by the FDA and the AMA – even if they wanted to. They would be stopped. They would simply not be allowed to do it. We've all heard the stories about children who were "forced" to undergo chemotherapy and the "unconventional" conventional treatments – even against their will and that of the parents. In some cases, parents have been arrested (and children taken away) for not adhering to the requirements and will of allopathic medicine (see the following site for 2 examples: www.lewrockwell.com/sardi/sardi110.html). Friends, when and where does this madness stop? When do we stop getting "treated to death?"

This little boy is just one case study – there are literally thousands more. If he doesn't make it, his death will be classified as unfortunate and the certificate will say that he died of heart failure, stroke, or some other malady – not cancer. That's the way it works and that's how statistics can be "adjusted" to make it look like we're gaining on the "Big C".

When it comes to treatments, obviously I would avoid any that this child has suffered through, again and unless it was absolutely necessary, in the short term, to save my life. In most instances, I believe that anyone with cancer should forgo these – if they have a choice. Having said that, there are specific situations where individual conventional cancer protocols are warranted, but they are very rare, few, and far between.

The purpose of this chapter is to outline and forward natural, therapeutic treatments, falling outside of mainstream procedures,

that are making a significant difference in extending the lives of very advanced cancer patients and, some say, healing them. If I had any diagnosed form of cancer, or undiagnosed suspicions, I would seriously consider ***one or more*** of the listed therapies.

First of all, however, a little review and some "common sense" directions are offered. Following that theme, please keep in mind (once again) how "uncommon" common sense is today. I believe we must follow what is right, not what is convenient or politically correct. The problem is that often we have a difficult time distinguishing which is which. That's the reason that this book is always exhorting you to do your homework and to find the truth. Where cancer is concerned, the truth is virtually the only hope for your survival. Seek it diligently.

In an earlier chapter I advised that cancer patients should have an advocate or coach. When it comes to auxiliary treatments, this is critically important. While some of these can be done at home, it is possible that you may not be able to accomplish them alone, depending on your specific situation and amount of disease. If you must travel to a clinic for outpatient services, you may need assistance with transportation, depending on your condition. Many of these centers have one to three-week therapy protocols and you must stay in a hotel or otherwise acquire your own lodging. With an extended stay, you must also be able to maintain the cancer diet, which is very difficult in a restaurant environment. For these reasons, and others, it is critical that an advocate be available to travel with you and/or assist you with implementation and details.

Generally, advocates are either family members or close friends. Coaches, on the other hand, are those familiar with the true and efficacious treatments for cancer and know the requirements and how the process works. Sadly, there are not that many out there. They charge a fee (which is ridiculously low) to guide you in what they would do if they were in your situation (like this book does). They do not diagnose or treat cancer. They do not advise you what to do or direct you where to go. They simply offer their expertise, from vast personal experience, on what their plan would be given similar circumstances. I know of a few excellent coaches that I will mention here. I have spoken to each and have studied their protocols – so I know from whence I speak. Their fees range from around $200 to $500 or so (sometimes more – if they are doctors), and that is all-inclusive from first phone call to when the cancer is resolved. There's not a better deal anywhere. If it was me, I would seriously consider hiring a coach. They are far more "expert" in the field of cancer than any oncologist of whom I am aware.

Sadly, two of the best coaches in this field of natural medicine have passed on. Bill Henderson and Burton Goldberg – who both lived long and had quality of life – are no longer with us. Our sincere thanks to the amazing work they did for such a long time. There are literally thousands of people whose lives were extended and made better by these two men. Thanks, gentlemen. You made us all look good.

Sandra Miniere is a breast cancer survivor who has publicized her story through her wonderful book, *A Lighter Side to Cancer*. Full of humor, inspiration, and self-discovery, Sandra's work documents her experiences and ultimate victory over breast cancer in a way that should give hope to anyone struggling with the physical, mental, and emotional dynamics of cancer.

Sandra has a Masters Degree in counseling and is a personal life coach, energy worker, hypnotherapist, Emotional Freedom Techniques (EFT) practitioner and former Licensed Professional Counselor.

Sandra and I have spoken several times, exchanged books, and she interviewed me for her "Living Well Longer" blog that was posted to her website in July of 2013. I must say that I really loved her book and how she literally took charge of her sickness, controlled the narrative and, with some help, wrote her own healing prescription. I recommend this book highly – as I do her professional services.

And, let's face it. When stricken with cancer – of any kind – we want to speak with someone who has "been there and done that." When you are looking for an advocate, a personal cancer coach, a *"life coach,"* consider Sandra. You can reach her through her website at www.IntegrativeWellnessExpert.com.

Dr. Veronique Desaulneirs (you've got to love her name!), better known as "Dr. V," has been in the wellness business since 1979.

After graduating from Life Chiropractic College in Atlanta, GA, in 1979, she spent the next 20 years practicing in middle Georgia, attracting patients from all over North America and from as far away as Europe and Africa. The last 15 years of her private practice, she focused on women's issues at her Women's Wellness Center.

As a chiropractor (this profession produces some of our best "real" doctors) with a deep passion for health and wellness, Dr. V undertook extensive studies in various fields of energy medicine. Specializing in Bio-Energetics, Meridian Stress Analysis, Homeopathy, Digital Thermography, and Chiropractic, Dr. V brings a unique and effective approach to health and wellness.

After 30 years of active practice, she decided to retire (so to speak) and devote her time to sharing her personal, non-toxic healing journey with breast cancer. Her years of experience and research – and being a breast cancer survivor – have culminated in "The 7 Essentials," a step-by-step guide for healing and preventing breast cancer naturally.

Ladies, Dr. V knows her stuff. Currently the Georgia State Ambassador and Advisory Board Member for the IWARC/AACI, Dr. V offers three different coaching programs that will be of great interest for those suffering from breast cancer or other women's cancers, hormonal problems, or nutritional deficiencies. Find Dr. V through her website at http://breastcancerconqueror.com.

Think about getting yourself a coach. It could make the difference for you. So that you know, as time allows, currently I consult with cancer patients (mostly phone consultations) at no cost. We are a 501(c)(3), not-for-profit, charitable organization, so most of what we do here is at no charge to the inquirer. For an appointment, email us at info@americanaci.org.

The last area of information that you should consider (that I will include), prior to seeking out additional cancer treatments, involves the subject of root canals (and, all dentistry for that matter). I can hear you now – what the....? Root canals? What does that have to do with cancer? Plenty, it seems.

According to research done by Dr. Boyd Haley at the University of Kentucky, 75% of root canalled teeth have residual bacterial infections remaining in the dentinal tubules. These lingering infections produce toxic wastes that enter the blood stream and can affect any part of the body. And then there's this (and it should give you significant concern): Dr. Thomas Rau, of the Paracelsus Clinic in Switzerland, recently checked the records of the last 150 breast cancer patients treated in his clinic. Now, pay close attention – especially if you are a woman. He found that 147 of them (that's 98%) had one or more root canalled teeth on the same acupuncture meridian (energy channel) as the original breast cancer tumor! Coincidence? I don't think so – and neither do most of the "alternative" doctors, researchers, coaches, and practitioners who are helping cancer patients to resolve their illnesses. I know, it sounds so "far out" that it is hard to conceive, let alone, believe.

While we're at it, we must talk about mercury and amalgam fillings. Our own Dr. Veronique Desaulniers (Dr. V), writes the following:

> "There is no safe level of mercury. Mercury is the most toxic naturally occurring substance on the planet, yet, according to the EPA, there are currently over 1,000 tons of mercury from amalgam fillings in the mouths of Americans. Over 67 million Americans exceed the exposure of mercury vapors considered 'safe' by the EPA because of the presence of amalgams in their teeth.
>
> "Mercury is treated as a bio-hazardous material in a dental office, but then, the uninformed and unsuspecting patient ends up with a mouth full of amalgam fillings, which are 50% mercury.
>
> "The biohazard effect of the amalgam fillings is increased with the slightest friction on an amalgam filling such as brushing the tooth and chewing warm food. Toxic mercury vapors in the form of methyl mercury are then released and absorbed in the body. The release of these vapors has an estrogen disrupting effect.
>
> "Specifically, relating to the effect of heavy metals and their effect on breast cancer, several studies suggest that there is a link between

> accumulation of 'transition metals' such as mercury, nickel and cadmium and the malignant growth process of breast cancer. A Canadian research team recently (2011) assessed breast cancer tissue biopsies and discovered a highly significant accumulation of heavy metals in the diseased breast tissues."

Check this out – this very simple idea that the "art" of dentistry can be hazardous to your health. And, I make this recommendation based upon the vast research and study that has been done on this subject, and a stunning visual experience that I had recently. I was presented with a thermograph (produced by a thermogram or digital infrared imaging) of a woman with breast cancer. It was astonishing. A thermogram detects heat within the body that is a result of anomalies, inflammation, or disease. In this particular image, it was evident that there was a definite "trail" from the root canalled teeth all the way to the infected breast! Little doubt was left that the infection had established a route and was involved with the cancerous tissue. Skeptics will laugh at this suggestion and mainstream medicine may have a good chuckle. Don't you, however – you can't afford it.

Do look into this – man or woman. There is too much scientific research and evidence here to ignore it. Get the whole story by visiting www.thetruthaboutcancer.com/root-canals-cause-cancer.

On to the treatments. If I were a cancer patient (any stage), I would seriously consider the following treatments and protocols. Some can be performed at home; for others you must go to a reputable, anti-cancer clinic. For these types of therapies, known and approved clinics will be recommended later in this chapter.

EARTHING

I know, I know. What on earth is "earthing?" And, no, it's not the opposite of "mooning." Well, let's get to it.

Ann Louise Gittleman, Ph.D., C.N.S., author of *The Fat Flush Plan*, says that "Earthing ranks right up there with the discovery of penicillin" and that

Clint Ober's book, *Earthing*, "is probably the most important health read of the twenty-first century."

Gary E. Schwartz, Ph.D., Professor of Psychology and Medicine at the University of Arizona, author of *The Energy Healing Experiments*, states that "Earthing may be as fundamental as sunlight, air, water, and nutrients."

John Gray, Ph.D., author of *Men Are From Mars, Women Are From Venus*, is quoted as saying that "Earthing connects us to Nature – and Nature is the ultimate source of health and healing."

And, let's get a medical doctor to weigh in on this. "The feedback from patients is now so strong that I know predictably, as a doctor, this will change a person's life," states Dr. David Gersten, M.D., author of *Are You Getting Enlightened Or Losing Your Mind?*

We would all agree that these are pretty strong statements from, arguably, pretty smart people. But, what does it all mean? What is this "Earthing" phenomenon anyway? Actually, it's quite simple. Clint Ober, Dr. Stephen T. Sinatra, and Martin Zucker, in their 2010 book, *Earthing – The Most Important Health Discovery Ever?,* explain it this way:

> "Earthing involves coupling your body to the Earth's eternal and gentle surface energies. It means walking barefoot outside and/or sitting, working or sleeping inside while connected to a conductive device that delivers the natural healing energy of the Earth into your body. For more than ten years, thousands of people around the world – men, women, children, and athletes – have incorporated Earthing into their daily routines. The results have been documented and they are extraordinary."

And, the results are…..??

> "Your body becomes suffused with negatively-charged free electrons abundantly present on the surface of the Earth."

So, guys, will Earthing make you feel better?

> "Usually, yes, and often, rapidly. The degree of improvement varies from person to person. The important thing is to make Earthing a long-term addition to your daily routine, and to do it as much as possible so as to gain maximum benefits. When Earthing is stopped, symptoms tend to slowly return."

When asked what Earthing actually does, the authors respond with this:

> "Observations and research indicate the following benefits from Earthing; we expect many more to emerge with ongoing studies. Earthing:
>
> - *Defuses the cause of inflammation and improves or eliminates the symptoms of many inflammation-related disorders.*
> - *Reduces or eliminates chronic pain.*
> - *Improves sleep in most cases.*
> - *Increases energy.*
> - *Lowers stress and promotes calmness in the body by cooling down the nervous system and stress hormones.*
> - *Normalizes the body's biological rhythms.*
> - *Thins blood and improves blood pressure and flow.*
> - *Relieves muscle tension and headaches.*
> - *Lessens hormonal and menstrual symptoms.*
> - *Dramatically speeds healing and helps prevent bedsores.*
> - *Reduces or eliminates jet lag.*
> - *Protects the body against potentially health-disturbing environmental electromagnetic fields (EMFs).*
> - *Accelerates recovery from intense athletic activity.*"

I can say, with confidence, that if you are a cancer patient – this is a pretty good list. Let's put this in plain, easy to understand language. The surface of the earth is pulsating with negatively-charged free electrons. The average human body is pulsating with positively-charged free radicals – which are simply at the root of all inflammation (read pain) and disease. Our bodies become acidic from years of exposure to toxins, chemicals, and all the wrong foods. Acid begets positively-charged free radicals; positively-charged free radicals beget inflammation; inflammation begets pain and disease, i.e., cancer (and all others). Negatively-charged free electrons from the earth's surface neutralize the positively-charged free radicals within the human body and, *voila*, inflammation subsides, pain reduces or disappears, and disease vanishes.

I could be wrong, but I don't think Clint Ober spent his life savings figuring this thing out. I'm sure the National Institutes of Health will want to spend a few billion now to try and prove him wrong. Why? It's just way too simple. But, you know, the best, most efficacious things – usually are. Way to go Clint.

I met the gracious Mr. Ober at the 2013 Cancer Control Society Convention in Universal City, California. What a truly nice guy. And, yes, he was barefoot most of the time.

So, how do we do this thing? Again, it's very simple. Just reconnect yourself to the earth at every possible opportunity by going barefoot. Ocean beaches are great – get in the surf, too. Walk on the grass – don't smoke it. And, do it often. Understandably, many cannot see themselves getting off the concrete, blacktop, or out of their shoes. We all know the excuses; not enough time, no place to go, too much trouble. Excuses, all, but I get it. For those of you who fall into this category, there is an alternative.

Ober's company is now making sheets, blankets, pads, etc., that, when plugged in to the grounding portals of one's electrical outlets, provide the "Earthing" or grounding that produces the same effect as bare feet in grass, sand, and dirt. You might call it Earthing made easy.

This is real science – no X-Files stuff here. As Clint likes to say, "The Earth itself is the original anti-inflammatory. And, the planet itself is the biggest electron donor on the planet." Let's see, planet on the planet? I get it – how about you?

Go to www.earthing.com for all of these grounding products.

COFFEE ENEMAS

As promised, I deliver to you now the feared and dreaded coffee enema! Really, though, it is not hard to do and generally will not cause you any great deal of pain, anguish, or gnashing of teeth. Upon completion (this will be a daily ritual for most), you will feel both relieved and de-stressed and will also have done a great service for your liver. Remember, if you have cancer, the liver (to at least some extent) is always involved. It is your major detox organ and its quality of function, in most cancer cases, has been slightly to seriously impaired.

Coffee enemas have been around for a long, long time – these are not new age liver flushes. Here is a brief description of the process from the S. A. Wilsons website:

> "The coffee enema has been used for many years to detoxify the liver. It is a low-volume enema that remains only in the sigmoid colon. There is a duct between the sigmoid colon and the liver called the entero-hepatic circulation system. When the stool reaches this point, it contains many toxins, which are sent to the liver for detoxification. The coffee enema will increase the transit time in the bowel. The caffeine that is absorbed into the entero-hepatic system causes the liver ducts, including the bile ducts, to empty into the sigmoid colon and be eliminated. Releasing the toxins in the liver ducts makes room for toxins from the body to enter the liver for detoxification. The alkaloids in the caffeine stimulate the production of glutathione-S-transferase, which is an enzyme that facilitates the liver detoxification pathways.
>
> "Coffee enemas will not waste minerals and electrolytes because they have already been absorbed in the previous sections of the

> intestines. The coffee enema is safe, even for people who are sensitive to caffeine, because the coffee remains in the sigmoid colon, where it will not be absorbed, provided the proper amount is used and the enema bag is not placed too high."

Well, there you have it. You will find complete instructions at the www.drlwilson.com/articles/COFFEE%20ENEMA.HTM#procedure website. You can also procure organic "enema" coffee produced precisely for this procedure at this web address or through the Joe Ball Company at www.joeballcompany.com.

Please note that the coffee enema will not only stimulate liver detoxification but also will assist in cleansing the colon. We talked about detox in an earlier chapter and how important it is to all people, especially cancer patients. A great source for all body and organ detoxification processes, their explanations and procedures, is available through a free ebook at the following address:

www.drkelley.com/CANLIVER55.html

Look especially at Chapter IV. This is a great resource. Ladies and Gentlemen, that's the straight poop.

ULTRAVIOLET BLOOD IRRADIATION (UVBI)

Ultraviolet blood irradiation (UVBI), also called photoluminescence, is a sterilizing procedure that proved its effectiveness at destroying bacteria, viruses, and other pathogens, in the 1920's-1940's until it was literally "pushed" out of the way by the less effective but more profitable antibiotic therapies.

It is amazing to go back, look at the literature, and read the documentation illustrating how UVBI inactivated toxins and viruses, killed all bacteria, increased and activated oxygen in the blood, activated the production of vitamin D, normalized white cell counts, and increased red blood cells, etc. Why on earth is this proven treatment not widely used today?

Dr. Robert Jay Rowen has an excellent white paper that appeared in Volume 14(2), pages 115-132, of the 1996, *International Journal of Biosocial Medical Research*, on UVBI that is subtitled, *The Cure that Time Forgot.* In it he outlines a report from Robert Olney, produced in 1967, in which Olney theorizes that cancer was a result of blocked oxidation within the cells (a view that many hold to be true today). According to Dr. Rowen's paper, "Utilizing detoxification techniques, dietary changes, nutritional supplements, the Koch catalyst, and ultraviolet blood irradiation, he (Olney) reported the reversal of generalized malignant melanoma, a breast cancer penetrating the chest wall and lung, highly metastatic colon cancer, thyroid cancer, and uterine cancer."

It is also interesting to note that UVBI has received FDA approval for its use in cutaneous T-cell lymphoma. Because of that, it is being used "off-label" by alternative physicians for other conditions, as well. Outside of the FDA approval for lymphoma, it is considered legal by most practitioners from the standpoint of long and continuous use (over 50 years) by physicians in the U.S. as a commercially viable product before the present FDA was even in existence (grandfathered?).

Dr. William Campbell Douglass studied UVBI extensively and was so enamored with it and its proven efficacy that he wrote a book about this therapy entitled, *Into the Light.*

Here's how it is done. A small amount of blood is withdrawn, it is passed through a chamber (within a special piece of equipment) where it is subjected to a specific spectrum of ultraviolet light (the same wavelength as light from the sun), and then it is returned to the body. Sounds simple – and it is. This process begins the chain of events (and results) previously mentioned. Several treatments are generally recommended and they are perfectly safe and very effective. If I had cancer, this would be a primary treatment for me. Clinics and contacts for this protocol will be covered at the end of this chapter.

SODIUM CHLORITE (MMS) AND DMSO

First, a little background on both sodium chlorite (miracle mineral supplement or solution) and DMSO (dimethyl sulfoxide). From the www.health-science-spirit.com website:

"Acidified sodium chlorite (becomes chlorine dioxide after activation) is being used in many countries, including Australia and the USA, as an antimicrobial treatment in the food industry, for water purification, and for sterilizing hospital and clinic rooms and equipment. In hospitals it has been used as a disinfectant for a hundred years and in the US meat industry for about 50 years. Health-conscious countries and municipalities are increasingly replacing the health-damaging chlorine with the harmless chlorine dioxide for treating public water supplies.

"In solution, sodium chlorite (NaClO2) is very alkaline and stable but when acidified (activated) it forms the gas chlorine dioxide (ClO2), which smells the same as chlorine, and probably is the strongest all-around antimicrobial and parasite remedy. While it destroys all anaerobic microbes and parasites, it does not damage the beneficial lactobacteria of our intestinal flora. The only residue left in water, food, or in the body after treatment with MMS (miracle mineral solution) is a small amount of table salt or sodium chloride (NaCl)."

DMSO is a by-product of the wood industry and has been used as a commercial solvent since at least 1953. Over 11,000 articles heralding its medical healing properties have been written and 125 countries allow their doctors to prescribe it for many different conditions including pain, inflammation, scleroderma, interstitial cystitis, and arthritis. Unfortunately, not in the U.S. It is FDA approved only for use as an organ preservative for transplants and for interstitial cystitis. In other words, despite the proof of its healing mechanisms, only a token disease can be legally treated with it.

The history of DMSO is rich and is a valuable case study in how, when something is discovered that will treat or heal people outside of pharmaceuticals, it must be stopped. The kibosh was put on DMSO by the FDA back in 1965 when an Irish woman supposedly died of an allergic reaction after being treated with this substance along with several other drugs. No autopsy was ever done nor was a causal relationship established. This case was reported by Carley W. in the September 9, 1965, edition of the *Wall Street Journal.* And, even though DMSO had never been known to harm anyone, the press ran with it and blamed her death on this wonder solvent. It has been suppressed ever since.

The truth is that DMSO is an amazing anti-inflammatory, it reduces and alleviates pain (in many cases almost instantly), it is an anti-oxidant that scavenges free radicals, and many say that it cures cancer all by itself. While there is no clinical proof to support that last statement, I don't doubt its possibility – and probability. The only downside to this substance is its odor, which has been said to be like a "smoky garlic" or reasonable facsimile thereof. Don't be concerned.

There are two different protocols that draw the chlorine dioxide and DMSO together that are important for cancer patients (internal and transdermal). They work synergistically (together) because DMSO has an affinity for neoplasms (cancerous cells) and the ability to get to them and open them up so that the chlorine dioxide will stroll in and kill the microbe inside the cell. As a result, the cancerous cell effectively "reverts" to being a normal cell. This is more than a theory.

It works like this: The two different substances are taken twice daily (morning/evening) about 15 minutes apart. For the internal version, first take 2 teaspoons of DMSO followed a quarter of an hour later by drops of the activated sodium chlorite (not "chloride" – this is not table salt) which becomes the chlorine dioxide. I say "drops" because you must start slowly – say one drop in at least 4 ounces of non-chlorinated water – and work up to 15 drops as your stomach will handle it. Too many drops too fast will make you nauseous.

The transdermal (through the skin) protocol is similar and should be utilized only if there are initial problems with internal ingestion or one wishes to graduate from one to the other. I recommend that you view and follow the entire regimen as outlined on the following site:

www.cancertutor.com/chlorine_dioxide_oral

You can link from the above to a site where you can acquire quality DMSO and the MMS (they are not expensive).

This is really an outstanding treatment. I recently learned of a gentleman who had resolved his esophageal cancer utilizing this therapy alone. When you look at the science and healing history behind the two substances involved, once again – as you will hear so often in this book – it makes perfect sense. Many clinics utilize DMSO and introduce it intravenously with other natural substances – like vitamin B-17 (amygdalin/Laetrile). With absolutely nothing to lose, much to gain, and no significant side effects, if I had cancer, this is a treatment that I would definitely consider.

RIFE TECHNOLOGY

The story of Royal Raymond Rife is legendary among those who are fighting (and winning) the war on cancer non-allopathically. Here's a brief overview:

Rife was born in 1888 in Nebraska and many years later, as a microbiologist, found himself working for Carl Zeiss in the microscope design and manufacturing business. He ultimately struck out on his own and designed and constructed the "Universal Microscope" with 60,000X magnification that was years ahead of its time. Through an additional technology that he developed, he was able to see live viruses and other pathogens (bacteria, parasites, fungus) in human blood – something that no other equipment or anyone else could do. As a result, the establishment thought it impossible and Rife a heretic. Well, he proved them wrong.

By using the resonance that he discovered to see and identify them, Rife was able to destroy pathogens by increasing their natural oscillations using radio frequency (RF) energy until he found their mortal oscillatory rate and they distorted and disintegrated. This process did no harm to surrounding tissues.

In 1934, he was given a group of terminal cancer patients to subject to his RF therapy. Within 90 days of treatment, 86.5% had been ***completely cured***. And after adjusting the treatment, the remaining 13.5% were cured within the next 4 weeks (this is a matter of public record). Note, these were late stage, certified, terminal patients. And Rife produced a ***100% cure rate!*** And it's probable that, before beginning this chapter, you had never heard of Royal Raymond Rife.

The U.S.C. Special Medical Research Committee did follow up trials from 1935-37 and verified the results of Rife's 1934 study. Work continued through independent physicians (using Dr. Rife's frequency generators) who successfully treated as many as 40 people per day during the years up to 1940.

But here, unfortunately, is the tragic end to this story. Our benevolent American Medical Association (AMA) stepped up and tried to buy him out with terms that are said to have been outrageous. Rife said "no" – emphatically. At that point, being threatened by a "real" cure for cancer, the AMA went about the business of destroying Mr. Rife. And, knowing they couldn't do it publicly, they began a reign of thievery and thuggery that drove him to his knees and resulted in the theft of all his paperwork and records and the ultimate illegal confiscation of his precious five Universal Microscopes. He spent the last third of his life in an alcoholic stupor and died at age 83 in 1971. Go to the following website for an overview of the book on Royal Raymond Rife called, *The Cancer Cure That Worked*, by Barry Lynes:

www.educate-yourself.org/cn/cancercurethatworked1997.shtml

And the following link will lead you to Jeff Rense's great overview of Rife's life, technology, and documentation of his work:

www.rense.com/general31/rife.htm

Believe it or not, Rife technology is available today. Obviously, no one who markets or sells equipment that is purported to do what Royal Raymond Rife did can make any claims whatsoever. That does not belie the fact that it exists. There are actually many, many resonance or frequency devices, claiming Rife technology duplication, available for purchase. The Internet is "rife" with them. It is probable that some of these units are not exactly or precisely what they claim to be. There are a few that are proclaimed by RF and electronics researchers to be very good. When inquiring of the companies that market them, you will receive no data, information, or testimony to the healing efficacy of these devices (to protect the technology and those who sell it from the FDA and the FTC).

Only one that I am aware of, however, has had adequate testing that I would deem appropriate to label it as technology equal to Rife's (there are undoubtedly several others by now). I have not personally utilized this machine but have faith in those that have tested and are employing it. I have met with them personally and have seen the equipment and the protocol associated with it. It is a technology that generates two frequencies – the first being a "carrier" frequency designed to get the second or "main" frequency inside the cancer cells.

This frequency generator is called the GB-4000 and comes with an additional amplifier. It is not hard to operate by following the basic instructions. It is very low amperage so there is no risk associated with it. The website below will give you all the data you need to acquire and utilize this equipment effectively:

www.cancertutor.com/Cancer03/FreqGenerators.html

This site will give you the color-coded, button-by-button protocol for operating the device and will outline the do's and don'ts as this treatment relates to the rest of the anti-cancer therapy. Once you get the hang of it, the rest will be easy. And, you will use it often. Understand, however (I must repeat this), that you will get very little information (regarding claims) from the manufacturer or seller of this device, simply because they cannot give it to you for fear of being put out of business and thrown in jail. It's hard to believe that this situation still exists in our "medically free" country but, sadly, when it comes to anything that bucks conventional medicine and the pharmaceutical industry, such is the case. The website above will provide you with everything you need to know about this technology and equipment as the site sells nothing so is free to dispense information under the protection of the First Amendment.

The GB-4000 with the SR-4 Linear Amplifier sells for about $2,300. The model with 120-watt plasma tube amplifier (M.O.P.A.) goes for about $4,220. This may sound like a lot, but this technology appears to work for most, can be used by many, and might possibly pay you back with your life. If I had cancer, I would absolutely consider acquiring one of these units. I would ascertain that I got the M.O.P.A., as well, for full efficacy. Go to www.frequencystore.com to acquire this technology.

Frequency Technologies, LLC, produces a light and sound generator called the "Beam Ray" that they claim is the most like Rife's original technology. I have seen this equipment and have a whole book of testimonials that are quite convincing. This might be worth a look. For further information, contact the company website through www.ft-beamray.com or call 205-543-6356, or email at ftbeamray@gmail.com.

SKIN CANCER

I believe that the shortest distance between two points is a straight line. I believe in Ockham's Razor – when you have two competing theories, usually the simplest one is true, or better. With these in mind, I maintain that we have mucked up this cancer thing so badly (conventional medicine) that many sufferers just don't know what to believe. Hence, the above truths.

Both the shortest distance between non-melanoma skin cancer and its cure – and, its simplest solution – lie in the much-tested and proven product called ***Curaderm-BEC5***. It doesn't appear, though, that many people know about it – especially doctors.

First released into the Australian market in 1990, as formulated by Dr. Bill

Cham, Curaderm is a combination of glycosides from eggplant that destroy only cancer cells, leaving the healthy cells alone. In this day and age of toxic skin cancer treatments ranging from surgery to chemotherapy and radiation to topical/ingestible poisons such as 5-FU (Mom, does it really mean 5 feet under?), Curaderm is truly nothing short of a miracle.

Actually, here is a case where we can literally use the "c" word (cure). Many studies have been done showing the near perfect efficacy of this product against basal cell and squamous cell carcinomas. For example, the Cham et al., 1992 trial states the following: "Treatment regime for 12 weeks resulted in virtually 100% success rate. Success was defined as zero presence of non-melanoma skin cancers after histological examination of samples extracted from the lesion site by pinch biopsy. In addition, treated patients were followed up for over 5 years and 10 years post treatment and it was established that there were no recurrences of the treated lesions." This is good news, folks. The better news is that it seems to work for just about everyone. Need more proof? Listen to the Docs:

> "I am impressed by the evidence presented for Curaderm-BEC5 and believe that the chances of a complete and lasting remission of superficial skin cancer using this product are good." – Dr. Ralph W. Moss
>
> "Curaderm-BEC5 can get rid of the lesion with no evidence of scarring and, in the rare instances in which the lesion returns, a simple reapplication of the cream will solve the problem." – Dr. David G. Williams
>
> "In my experience, Curaderm-BEC5 was effective when used as directed and was most useful on the face where an excellent cosmetic result usually occurred. This was particularly true around the nose and mouth where cosmetic surgery would be most obvious." – Dr. Roy Goodman

Dr. Ross Evans treated in excess of 500 such tumors over 5 years. Dr. Evans established that all tumors treated with Curaderm-BEC5 totally regressed with no recurrences in any of the lesions he was able to follow-up on and he was impressed with the cosmetic effects resulting from treatment of the tumors with Curaderm-BEC5.

You can enter "Curaderm-BEC5" into your Search Engine and find and order this product. You can even get it at Walmart now. It is manufactured on the island of Vanuatu in the South Pacific. You ***"Survivor"*** fans should be familiar with that location. Be sure to follow the instructions and refrigerate after opening. It will last up to 5 years that way. Also, when ordering, make sure to get the micropore tape with the Curaderm for the best covering after application.

OTHER TREATMENTS – CLINICS

While there are many other treatments that may be considered primary immune boosting and cancer fighting, these just mentioned are the first ones that I would use because they are straightforward, generally simple to administer (at home, with an advocate, or at a clinic), and have shown, in my experience, to be the most effective and beneficial.

There are literally hundreds of "alternative" cancer treatments, supplements, therapies and protocols. Webster Kehr (The Original Cancer Tutor) believes he has seen at least 500 over the past decade and I have studied hundreds. To be fair, there are good ones and bad ones, effective and ineffective, costly and cheap. You may know of one or be introduced to an idea that "cannot fail and is guaranteed to save your life." Be skeptical, investigate everything, including all that has been mentioned in this book.

Believe me when I say that if you are diagnosed with cancer, two things are ***sure*** to happen (among others). First, your doctor will tell you that surgery, chemotherapy, and/or radiation are the only way to go to have any chance at all to "recover." Secondly, friends, relatives, well meaning associates and, literally, everyone you've ever known will come out of the woodwork with a "cancer cure" that you must try. Be courteous and thankful, then study and do what you know (by now) to be right. You'll be glad you did.

There are many clinics available for the cancer patient who chooses to utilize non-conventional, non-allopathic measures. Unfortunately, most (but not all) of them are in Mexico, as they are an affront and threat to the American Medical Association and the Pharmaceutical Industry and have been ***driven*** out of the country.

There are several other great "alternative" treatment centers in Germany and other areas outside the United States. If I were afflicted with late-stage cancer, I would definitely consider one of these or, particularly, one of the few that I will mention herein. While this is not a complete list and, by no means, declares that these are the only good clinics, these are the facilities that I have investigated and found to be offering protocols that ***actually work*** for cancer sufferers. You may choose a different one – and that's just fine.

Keep in mind that there are many clinics, cancer care centers, and hospitals now advertising on television – and through other media – that they are employing alternative therapies and "integrative medicine." You now know what the former is – while the latter is surrounded by fog and controversy. In order to "look like" they are supportive of other than conventional treatments that are proving themselves daily, these organizations show the appearance of incorporating natural supplements and certain versions of "alternative" measures to draw customers who are becoming suspicious of allopathic treatments (largely because their friends and family keep dying). So, they add a few vitamins here, some dietary advice there, then proclaim it "to be good", and insist that they are now officially "integrative" and using the absolute "best" of both worlds. Don't you believe it for a second. And don't fall for this – your life may depend upon it. Check it out for yourself.

Holy Grail Cancer Care

Formerly Camelot Cancer Care

My good friend, Maureen Long, has probably had a hand in bringing more cancer patients to healing than most anyone – and definitely more than any oncologist. This former owner and operator of Camelot Cancer Care in

Tulsa, Oklahoma, was targeted and run out of the country by those who were more concerned with profit and preserving allopathic cancer procedures – than actually healing cancer patients. Like the "Phoenix," Maureen has risen and reappeared south of the Border – down Mexico way. Her new wellness center, Holy Grail Cancer Care, is located in the tourist area of Cancun on the Yucatan Peninsula where Maureen is up to her old tricks – yes, helping cancer patients.

Ms. Long, however, has "upped" her game. At Holy Grail Cancer Care, patients receive "Formula M" natural chemotherapy (no drugs – natural), based upon DMSO and boosted with several potent botanical extracts that act synergistically. Plus, they now receive an oral glutamine blocker, which, when combined with the ketogenic diet, restricts both forms of fuel that we now know cancer feeds on. She also restricts the consumption of glutamine as she believes that cancer simply cannot survive when these foods (sugar and glutamine) are restricted and the patient's metabolism has switched over to fat burning. Makes sense.

In addition, Holy Grail now offers a non-GMO form of IV vitamin C, known as Pur-C (sodium ascorbate). The Pur-C is far superior to any comparable product and does not cause vein sclerosis. Let's see what one of Maureen's patients says:

> "I was treated at Holy Grail for melanoma in early 2015, a few months after they moved to Cancun. My post treatment scans showed I was all-clear. I have had no recurrence, coming up on 4 years now. Two of my relatives and friends have received treatment there since I did, and a third one is arriving for treatment next week. We feel that the treatment options at Holy Grail are more humane and more effective." BG – Texas

Wherever you choose to go, choose a clinic/wellness center that has verifiable results. Of course, no one can guarantee any specific outcome or say beyond any doubt they can heal you. See more testimonials for Holy Grail in the Testimonials Chapter. You can reach Maureen at http://holygrailcancercare.is or by email at grailgirl@protonmail.com.

Author's Note: Maureen is often asked to respond and rebut the Fed's smear campaign against her. She cannot grant interviews due to pending legal process. But I did get somewhat of a reply. She said she realized the system was rigged, and the media offers no presumption of innocence, nor any platform for equal time to set the record straight. (There's that, plus it's a matter of record that she was robbed in civil forfeiture, left without the means to fund her defense).

But from exile, Maureen not only enhanced Camelot's natural chemo formula, based on DMSO, she created a personal website in which she posted her bio & libel defense. Her web mistress reported there were over 9,000 hacking attempts to take down that site in the first month after it went live. The hacking attempts were traced back to DOJ ip addresses. For anyone interested in drawing their own conclusions, here it is, in the interest of fair and full disclosure: http://maureenhowardlong.is.

Dr. Robert Rowen

I have spoken on several occasions with Dr. Robert Rowen who has a clinic in Santa Rosa, California (not named – on purpose) with his wife, Dr. Terri Su. Dr. Rowen is known as the "Father of Medical Freedom" for pioneering the nation's first Medical Freedom Law in the State of Alaska. This law provided statutory protection for alternative physicians. He practices nutritional medicine, chelation therapy (getting the heavy metals and toxins out of the body), oxidation therapy (cancer hates oxygen), homeopathy, herbal medicine, and innovative cancer therapies like ozone therapy, ultraviolet blood irradiation – and others. I highly recommend Dr. Rowen and his clinic. You can reach his staff for information and appointment at 707-578-7787.

Dr. Rowen is also the editor in chief of *Second Opinion Newsletter* (recommended) and has several informative videos on YouTube. Enter his name into your search engine to find them.

Northern Baja Gerson Center

I met Dr. Patrick Vickers when I was the featured speaker at Lynnette Pate's (*The Organic Guru)* Organic Food Gala in April of 2013 in Branson, Missouri. Dr. Vickers was also speaking at the two-day event and I was fascinated by his knowledge and understanding of the Gerson Therapy and its application and efficacy. Of course, if you know your stuff, it's easier to become a great speaker. Suffice it to say that Dr. Vickers knows his stuff.

A trained chiropractor, Dr. "Patrick" met and befriended Charlotte Gerson while a student at New York Chiropractic College and went on (upon graduation) to study the Gerson Therapy directly under Charlotte (who could be a better teacher?) at her home in San Diego. Having the advantage of perusing Max Gerson's handwritten files of all his active patients from 1910-1959, Dr. Patrick became a dedicated student of Dr. Gerson's work and one of the world's true authorities of the Gerson Therapy.

Dr. Patrick's clinics (actually, two facilities 10 miles apart) are located in the Rosarito Beach area of the Mexican Baja Coast just outside of Tijuana. He offers both the Basic Gerson Therapy and the Advanced Gerson Therapy (best) through the basic twenty pounds of organic fruits and vegetables daily – mostly through thirteen freshly squeezed juices and three fresh meals. Supplements for thyroid, liver, pancreas, stomach, and intestinal support are included, as well as coffee enemas.

The Advanced Program includes ozone and hydrogen peroxide therapy, Coley's Immunotherapy (Coley's Toxins), Immersion Hyperthermia, Laetrile, lab tests, I.V. vitamin C, chiropractic, Poly MVA, and both white blood cell growth factors and macrophage primers to kill tumors.

Costs are more than reasonable for this turnkey, in-patient care. Weekly fees are $6,250 and a minimum two-week stay is required. However, there are add-on's in this program that make it a great value. The cost ***includes*** free room and board for a companion to accompany you, three months of supplements to continue the therapy at home, and three to six months of immunotherapy supplies and I.V. chelation.

If you believe in the power of organic foods (juicing) and detoxification to heal cancer (I do), then this might just be the place for you. And, as I have often said, some of the best doctors in the world are chiropractors. They have a firm grasp of the workings of the human body and truly understand the place of nutrition, supplementation, good water, and detoxification in health and healing. Dr. Vickers also is a staunch supporter of ionized water, particularly, Kangen Water™.

Contact Dr. Patrick directly at patrick@gersontreatment.com and get more information on the Northern Baja Gerson Center through their website at www.gersontreatment.com.

Hope4Cancer Institute

For many years now, I have had the opportunity to enjoy close interaction with Dr. Tony Jimenez, the Chief Medical Officer of Hope4Cancer Treatment Centers. With locations in Baja California and Cancun, Mexico; Bangkok, Thailand; and Barranquilla, Columbia, Hope4Cancer offers some of the best treatment options for anyone afflicted with cancer.

I highly recommend the Hope4Cancer Treatment Centers for many reasons, the first being Dr. Tony himself. A man of boundless enthusiasm and tremendous compassion for his patients, Dr. Tony isn't just an accomplished physician, but also an avid clinical researcher and author. His creative mind has led to the introduction of several new treatment modalities that have made a significant impact in the world of integrative cancer treatments. Under his leadership, Hope4Cancer has treated more than 10,000 cancer patients at all stages of disease following his treatment philosophy known as the *Seven Key Principles of Cancer Therapy.*

These Seven Key Principles offer multidimensional healing protocols that thoroughly address every aspect of healing – not just for the body – but also for the soul and spirit. This revolutionary concept was originally published in a UCLA-edited, peer-reviewed journal in 2012, and is now explored in-depth in Dr. Tony's newly released book, *Hope for Cancer: 7 Key Principles to Remove Fear and Empower Your Healing Journey.*

As the world's leading pioneer of Sono-Photo Dynamic Therapy, Hope4Cancer has treated more patients with this method than any other cancer treatment center in the world today. Dr. Tony's clinical experience has been essential to improving the effectiveness of this therapy, influencing many innovations to the procedure. One such improvement includes a powerful yet portable, highly penetrative, pulsed LED light source that activates a non-toxic sensitizer molecule absorbed inside cancer cells. A recent review of clinical data of 50 randomly selected Hope4Cancer patients who received Sono-Photo Dynamic Therapy in their treatment protocols, showed a reduction in blood flow to tumors of over 50% in just three weeks.

Hope4Cancer's dedication to research and development has, over the years, kept it at the forefront of innovative integrative cancer medicine. Newer treatments now available at Hope4Cancer include Salgena, Sunivera Immunotherapy, and Photo Dynamic Therapy Plus (PDT Plus). Salgena is a powerful immunomodulator that utilizes thymus peptides to trigger T-cell development and enhance the body's natural defense reactions. Sunivera Immunotherapy strengthens the immune system by physically replenishing GcMAF, an essential biomolecule that activates macrophage's abilities to recognize and kill cancer cells. Building on the science behind Sono-Photo Dynamic Therapy, PDT Plus is the next quantum leap for light-based cancer therapies. PDT Plus uses a selection of non-toxic photosensitizers in combination with low-level laser frequencies in the ultraviolet, visible, and infrared ranges that are applied through intravenous, intratumoral, and topical applications.

By "lighting up" cancer cells from within, photosensitizers are useful agents not only for their treatment but also their detection. This phenomenon is leveraged in the highly innovative, leading-edge Photodynamic Infrared Spectroscopy (PDIS) method now available at Hope4Cancer. PDIS is capable of not only screening for the dangerous Circulating Tumor Cells (CTCs) responsible for metastasis, but also – in the same session – treating them. As a result, PDIS helps both screen for and minimize the risk of metastasis.

Other treatments available at Hope4Cancer Treatment Centers include the exclusive biological vaccine AARSOTA, energy medicine (PEMF and Hyperthermia), non-toxic anticancer IV therapies, chelation, BEST (Behavioral, Emotional and Spiritual Therapy) Program, coffee enemas, near infrared saunas, hyperbaric oxygen therapy, ozone therapy, antimicrobial protocols, and nutrition (which includes the Garden Food Plan™).

High-tech devices are on-hand to perform functional and cellular health assessments including heavy metal and mineral deficiency analysis. From initial assessments to follow-up appointments, harnessing these groundbreaking therapies and technology has allowed Hope4Cancer to give patients a non-invasive yet thorough treatment experience.

In a recent development, Hope4Cancer has opened a new treatment center in Bangkok, Thailand, greatly increasing its geographical footprint. This brings many of the world's best integrative cancer treatments to the doorstep of the majority of the world's population through popular and accessible medical tourism destinations in the Americas and Asia. Hope4Cancer's collaborative efforts with the reputable Absolute Health Regenerative Clinics in Thailand adds regenerative and anti-aging medicine to their smorgasbord of capabilities.

The Hope4Cancer Treatment Centers are committed to offering a complete, personalized treatment experience. A diverse medical team with an impressive range of medical specializations coupled with a compassionate and caring in-house staff operates the treatment center facilities, providing a range of services that include outpatient care at all the treatment centers and round-the-clock inpatient surveillance (for more advanced cases) at the Tijuana center. The home program support staff provides ongoing care by frequently communicating with patients using phone, e-mail, and other internet-based methods.

Friends, the foregoing should leave no doubt about why I recommend Hope4Cancer and value them so highly. If you or someone you love is deeply afflicted with cancer, I sincerely believe that you should consider them for the next step of your healing journey. Contact Hope4Cancer through their website at www.hope4cancer.com, or by phone at 1-888-544-5993 (US toll-free) and/or +1 619-669-6511 for international inquiries.

Sante Caribe Health & Wellness Centers

Located in the Caribbean on the islands of Tobago, St. Kitts, and Nevis (exact locations kept secret – need to know), Sante Caribe is a haven for those wanting anti-cancer programs that are designed for those seeking highly personalized service. Run by Dr. Rick Santee, these non-toxic and holistic treatment centers feature live blood analysis, ozone/oxygen therapy, nutritional therapy based upon the work of Weston Price, cesium protocols (cesium can actually penetrate the cancer cell and turn it very alkaline – and significantly reduces pain), and enzyme, chelation, and personalized immunotherapies.

I endorse all of these treatment modalities and, if you are looking for that offshore, warm beach mecca with over-the-top individual care, this could well be your place for healing. For other offered services and rates, contact Dr. Rick at info@santecaribe.com and visit the website at www.santecaribe.com.

I would also seriously consider An Oasis of Healing in Mesa, Arizona. Dr. Thomas Lodi and his team work with holistic Cancer Treatments and have great success. Contact them at their website at www.anoasisofhealing.com or at 480-834-5414.

As previously mentioned, this is a short list of cancer clinics (actually, anti-cancer clinics) and it is meant to be. I happen to believe that most cancer patients can heal themselves – with the tenants in this book. Of course, I must acknowledge that some do need complete care or additional help. I know of these aforementioned wellness centers, how they operate, what they forward for treatment, how they do it, and what kind of success they have. I wouldn't recommend them if I didn't. You may find one that you prefer or like better (there are many, many others out there). I would say – good for you. Go for it.

CHAPTER NINE

PIOH™ – THE ULTIMATE THERAPY

> ***"There is now no question that accumulated toxins are behind nearly every disease, symptom, injury and malfunction of the body. But get ready for the greatest medical discovery of the decade. If we get these ubiquitously unavoidable toxic chemicals out of the body, we can reverse and even cure the most hopeless diseases."***
>
> – Sherry A. Rogers, MD

Friends, please don't skip this chapter – don't pass by it while looking for the "pill," – you know, the one that will heal cancer. Again, that "pill" doesn't exist. Far better than any pill could ever be, what you are about to read could, without doubt, change your cancer experience – and your life.

PIOH™ is the acronym. Precision Intestinal Oxidative Hydrotoning™ is the long version. I know – I know. Many of you will say that it's simply colonic hydrotherapy and you know all about it. My answers to these snipes are "no it isn't" – and "no you don't."

Colonic Hydrotherapy can probably be done a hundred different ways. Many are very undesirable. Shutting someone up in a room with a garden hose would be one of those – and I have heard of that (really!). With all due respect to those therapists who work with water and the colon – and do good work – very few know the workings of PIOH and its extreme efficacy. But you need to know. Change that. You absolutely must know.

The truth is that if you don't purge the decades of "crud" that has been building up within your organs (especially the liver), tissues and cells, your chance of getting well is significantly diminished. On the other hand, if you do – it becomes very difficult to stay sick. In other words, your body responds, and responds immediately.

Can you imagine 30, 40, 50 years of buildup within your liver of heavy metals, poisons, other toxic substances and dead cells? Well, if you haven't done a "deep tissue" detox – it's still there. And, it is making you sick or keeping you sick.

Precision Intestinal Oxidative Hydrotoning is simply in a class by itself. And, even then, it's at the front of the class. At the International Wellness & Research Center/AACI, we truly believe this could actually be the decisive factor in cancer healing – or any healing.

A combination of ultra purified water that is perfectly balanced (through an exclusive 6 filter process), ozone that, combined with this perfect water produces poly-atomic oxygen, and hands-on visceral stimulation, PIOH is the true "missing link" to healing of any kind. And, wow, have we seen it turn sickness around in a relatively short period of time.

Of course, neither our organization nor the PIOH inventor, perfector, and specialist make any claims – and we cannot tell you that it cures cancer. No one can do that. And, no, it has not been reviewed or tested by the FDA. We can actually thank God for that. I do believe, however, that if I had cancer and went through several sessions (to be fair, many sessions) with the world's only specialist, it could well result in bringing my body back into homeostasis – or the healing of the immune system which, in turn, is the only thing that heals the body. Keep that always in mind. It is not PIOH, other treatments or therapies, diet or supplementation that will heal your cancer or other disease. No, it's that God-given immune system simply doing the job it was made to do. Give it the right ingredients and it responds. PIOH is one of these ingredients.

Ladies and Gentlemen, it works. I have seen the results with patients suffering with about everything from chronic Lyme disease to cancer. We have literally stacks and stacks of testimonials.

I practice what I preach. As of this writing, I have undergone 36 individual PIOH sessions – and, I know with certainty, this process works. One can actually witness the immune system progressing with each treatment.

PIOH is a reverse flow system (not as bad as that sounds) and you can view the process (and resultant detoxification) through the sophisticated equipment (large lighted tube). You will witness heavy metals (mercury, cadmium, nickel, etc.), lymph and fungal colonies, arsenic, dead red blood cells – and every other kind of poison that your cells and organs have been harboring – leaving your body. While one often gets one liver flush through a good coffee enema, I have had as many as 15 "purges" during a single PIOH session. It is truly incredible what the body will "give up" given enough coaxing.

Right about now you are asking how many sessions do I need and how much will it cost? I will tell you this. Compared to conventional treatments, these are dirt cheap. And, no one can tell you how many you will require except the PIOH expert – and you. It really depends on the level of your body's intoxication. Just know that – beyond any measure – it works and may well be the answer to immune healing (resulting in whole body healing).

Following is a prime example of exactly what I am talking about and how PIOH gave this cancer sufferer a fighting chance. Keep in mind that this is just one of many, many similar stories.

A short time ago, I visited a young man (27 years old) and his family that had called and begged me to come out and help him. When I got there on a Sunday afternoon, he was curled up in the fetal position on the living room floor with a blanket wrapped around him. Needless to say, he was very sick. His diagnosis was adenocarcinoma and he had already undergone surgery and many chemo treatments. In fact, in desperation, the doctors had opened up his body cavity and actually “poured in” the hot chemo. Of course, in the final analysis – and despite the fact that it did kill some cancer cells – it made no difference and just made him sicker.

He had been taking the oral chemotherapy, 5-FU (five feet under), when I came to visit. He managed to get to the table and listen for about 10 minutes until he had to head for the bathroom and throw up. His young wife, cradling their 13-day old baby, continued to converse with me as did Mom and Dad. He returned a while later but just curled up on the couch and tried to sleep. The family was willing to try something different (anything, really) as none of the conventional treatments were working (of course) and he was getting sicker. Sincerely, he looked to me like he was on his way out.

The family agreed to add a protocol of supplements, organic foods, the right kind of ionized water, and PIOH treatments in order to help boost the immune system in an attempt to restore the body’s ability to deal with the cancer. At that time, he simply did not look well enough to even leave the house. The family had to cancel a flight to see another doctor (would have been futile anyway) as he was unable to fly. It did not seem that he would be strong enough to undergo any treatments (even the natural ones) at all.

He (and his family) decided to fight for his life. He got off the drugs immediately so that he could eat, started consuming the right kind of food, guzzled ionized water (specifically, Kangen Water ™), and began a supplement program featuring the unequalled Reliv™ products and, of utmost importance, began PIOH sessions. All of these helped. I worked with the family via email for a couple of weeks before I hit the road for speaking engagements.

Upon returning, I went to our PIOH specialist to have a session myself.

Guess who was coming out as I went in? You guessed it. I simply could not believe my eyes. The young man who had appeared to be dying rapidly a mere 3-4 weeks previously, had just finished his fifth PIOH treatment. He grabbed my hand and nearly ripped it off as he shook it. He was full of life and looking forward to a very long one. He felt great and his body was on its way to healing.

I just love that story. No one can say, however, what the future will hold for him – or any of us. He had been so drugged and medicated, so cut-up – that it seemed like his chances would be very slim for recovery – no matter what. He looked amazingly great, though, when I last saw him and he was dedicated to continuing with his healing protocol.

All of the foods, supplements, and therapies that he used played a part in his turn-around. I do believe that PIOH may well have been what was pushing him over the top. Detox is critical and essential to any healing. And, PIOH is the absolute pinnacle of detoxification.

Folks, that's the straight poop (sorry – couldn't resist). We all need to get a better handle on what goes in us and what comes out – and the complete and important process in between. Please understand, most disease is said to start in the colon and two-thirds of our immune system rests in the gut. It's time to take care of this crucial digestive, detoxification and immune part of our body that we generally neglect on a daily basis. In fact, our health and longevity depend upon it.

PIOH is simple, takes about an hour and a half per session, and is inexpensive. In my opinion, this epitome of cellular detoxification is truly a miracle protocol and absolutely necessary for full healing and immune restoration.

I highly recommend that everyone reading this book give PIOH a try – especially if you have cancer or any other serious illness. At the time of this writing, there are two PIOH Wellness Centers – one in Alaska and the other in Colorado. So, most of you will have to travel. Let me tell you, it is definitely worth it. People come from all over North America to spend a week or two with Dirk Yow, the inventor and perfecter of this "ceremonial cleansing." Contact us at the International Wellness & Research Center and we will put you in touch with "The Specialist" or one of his assistants.

While this life-changing protocol is currently only available in two cities, the process of training new "PIOH-Techs" to establish satellite wellness centers throughout the United States – and the world – is ongoing. If you have an interest in becoming one of these, please contact us and we will fill you in on the process.

CHAPTER TEN

ADDITIONAL THERAPIES, TREATMENTS, PROTOCOLS AND SUPPLEMENTS – EVALUATED

"We are talking here about cancer, about an effective treatment called hydrazine sulfate that the government hates – and about the layered lying and outright deception by the government that keeps this drug from the American people."

Health Education Alliance for Life and Longevity

The reason that there are so many "alternative" cancer treatments today is that each one of them has made a significant change in someone's life (more likely, many someone's) that has had cancer. After all, who can argue with a healed body?

The common denominator for all of these therapies and supplements – at least the ones that work – seems to be that they are drawn from natural, organic, earth or water-bound mediums or the result of good, non-invasive science (electromedicine, UVBI, etc.). There is no poison in these protocols, no tissue burning or destruction of the body's "good" cells. No, just real food, active water, plant nutrients and extracts, whole, organic vitamin and mineral complexes – just the good stuff.

Herein lies the beauty of "alternative" medicine. There's virtually nothing that can hurt you and so much that can heal you. Nature has given us the tools, but man has chosen to make his own. Beauty and the Beast. Choose wisely, my friends.

Many who are looking for the answer to their cancer have discovered treatments that have yet to be mentioned herein. This does not mean that I believe them to be bad or ineffective, its simply because some may be application specific (certain situation), and there are many that have not generated enough proof to be considered as "across-the-board" effective therapies. Having forwarded this reasoning, I would like to suggest, in this chapter, some other supplements and protocols that have helped many and led others to cancer freedom. I will also mention one or two mediums that I would not consider and the reasons why.

There will be many left out, undoubtedly, some that somebody, somewhere will say cured their cancer. Isn't it truly amazing that there are more than 400 individual alternative applications for cancer out there that have at least some efficacy to treat or heal this disease? Don't you think that this is something that all of our major cancer research institutes should be studying? Shouldn't the billions upon billions of "conventional cancer research" dollars be poured into programs that have a chance of being successful? These should be rhetorical questions – both. Unfortunately, they're not.

Instead, this funding is reserved for the "good 'ol boy" network of traditional research that obtains grant after grant from the National Institutes of Health to do variants of the same old stuff – year after year. Sorry, alternatives are not allowed, not considered, not even on the radar screen. And, if the AMA, the FDA, the American Cancer Society and "Big Pharma" have their way, alternatives will be driven from the face of the earth or forced under the wing of the Pharmaceutical Industry to be sold as drugs and drug therapies. We can't allow that to happen.

INSULIN POTENTIATION THERAPY (IPT)

not

Back to the treatments. I would not consider Insulin Potentiation Therapy (IPT), simply because it is still a form of chemotherapy. Cancer cells have 10-20 times more insulin receptors than normal cells. IPT is a tumor destruction vehicle that involves shooting a load of insulin into the body followed by, supposedly, "targeted" chemo. The theory is that the cancer cells open their mouths wide because they think sugar is coming and are surprised (and nuked) when the load of poison drops in. Yes, it can and does kill cancer cells. But, the same old problems arise. We have to deal with the side effects, and the cancer cells that remain become "super cells" (chemo resistant) and drugs can't kill them. These cells have now become multi-drug resistant (MDR) and they metastasize. As with traditional chemotherapy treatments, IPT fails to address the cause of the cancer and, instead, deals only with the symptoms. Long term, and like most conventional treatments, it generally doesn't work.

If you insist on doing chemotherapy despite the warnings, risks, and eventual failure, IPT would be better than full body poison. I wouldn't do it – but the choice is yours. And, if you are one of the fortunate ones whose cancer is said to be in remission or "gone" after chemotherapy in whatever form, don't be fooled into believing that it healed you. It certainly played a part in destroying cancer cells as well as many healthy cells. But, if you are told you are "cancer free" following intensive drug intervention, the fact is that your own immune system somehow recovered enough (or you supported it adequately) to allow you to be where you are ***in spite of the chemicals.*** Regardless of your new diagnosis of "cancer free," you are not.

Please understand that fact and adopt, if you haven't already, your choice of the anti-cancer protocols within this book to ensure that the malignancy doesn't redevelop.

I could not and would not scold cancer patients for having already undergone what their oncologist or physician advised them to do. There is no merit or righteousness in that. In those cases, it is simply my hope that they remain free of this disease and, ultimately, die of something else after having lived a long and full life.

CESIUM CHLORIDE

I do, however, like and recommend both hydrazine sulfate and cesium chloride as "situation-specific" alternative cancer treatments. They have demonstrated efficacy and provided the baseline to healing for far too many to dismiss them.

Cesium chloride basically raises the pH of cancer cells (makes them alkaline) and does not allow them to feed, thereby, starving the cells. This substance (cesium is the most alkaline of all elements) also neutralizes lactic acid, which is a by-product of cell fermentation. Cancer cells feed by fermenting sugar – producing lactic acid that is then sent to the liver to be reformulated into glucose and, subsequently, returned to feed cancer cells. Cesium chloride stops this cycle. Be mindful that this program must be supplemented with potassium, some swelling may result (could be bad depending on location of tumor), and there is a limit to how much one can take – your body will tell you. And please, do this protocol under the supervision of an expert.

HYDRAZINE SULFATE

Hydrazine sulfate is an inexpensive chemical compound that blocks the conversion of lactic acid back into glucose (like cesium chloride) and also is said to inhibit tumor growth by essentially starving the neoplasm (tumor). The lactic acid cycle, tumor to liver and back, takes a lot of energy that the body can ill-afford to lose when battling cancer. As a result, many patients cycle down into a virtual "pathological anorexia" and quit eating and drinking. This is the cachexic cycle or what is commonly referred to as cachexia (pronounced ke-kex-sia) – or the wasting away associated with the final stages of cancer.

The story of hydrazine sulfate is extraordinary and should be viewed by all considering utilizing this compound. You can find it at www.patch.com/new-york/sayville/dr-joseph-gold-and-hydrazine-sulfate. As with cesium chloride, there is a protocol to follow. Do not take drugs with this treatment and certain foods should be avoided (stay on the cancer diet). You can find complete instructions for both of the preceding products at www.cancertutor.com/hydrazine.

PROTEOLYTIC (PROTEIN) ENZYMES

In 1906, John Beard postulated that proteolytic (protein) enzymes were the body's main defense against cancer and also useful in its treatment. Specifically, these are largely bromelain and papain from food sources and trypsin and chymotrypsin made in the pancreas. The story of these "PE's" reads like a novel with sabotage and deception prevalent throughout its pages. This is another case of natural substances knocking heads with conventional medicine. "Alternatives 101" teaches us that when you buck the traditional medical system there will be h-e-double- toothpicks to pay. Such is the case with proteolytic enzymes.

Dr. Nicholas Gonzalez picked up the ball from Beard's research and ran with it for many years. The AMA has been trying to tackle him ever since. Fortunately for you and me (and cancer patients), Dr. Gonzalez was astutely capable of "avoiding the rush" and had a heck of a straight-arm. The Doc was having great success with late stage cancer patients utilizing a protocol that includes diet, aggressive supplementation with nutrients and enzymes, and detoxification (read coffee enemas!). Sadly, this great doctor who appeared to be in excellent health, died a few years ago under circumstances that were not clear. His partner has taken over the practice.

The anti-cancer effect generated by proteolytic enzymes seems to be due to an immune modulation (activation) that produces a profound anti-neoplastic effect – though the doctors and researchers don't know why. You can find the history and science behind enzyme therapy at www.dr-gonzalez.com.

I would be very remiss if I didn't mention here Core Health Products and BiOptimizers enzymes and probiotics. With the mantra that *"nutrient utilization is more important than just the nutrient consumption,"* Core Health is owned and run by my friend, Shan Stratton. Shan is a renowned nutritional consultant to the New York Yankees, Los Angeles Dodgers, Arizona Diamondbacks – and many other sports organizations. Shan is the consummate professional and, I must say, is very, very passionate about his work and the purity and efficacy of his products.

Core Health utilizes only the best and most natural whole food ingredients available – no synthetics, nothing fractionated. All minerals in the formulations are amino acid chelated to ensure the highest level of absorption. Every enzyme is broad spectrum and the probiotics are stabilized. Shan offers his Core Health Pack, Joint Health, Digestive Health, Heart Health, and Core EFA products – which I feel are some of the best in the world. But, folks, here's the secret (since we're discussing enzymes): Every Core Health Product includes their proprietary nutrient delivery system known as M.D.D.S.™. This system uses the *power of enzymes* and fully-utilizable micronutrients to deliver maximum results. And, there it is – nutrient utilization, not just consumption.

AACI/IWARC Advisory Board Member and my friend, Wade Lightheart, founded and formulated the products for BiOptimizers. These are some of the best enzymes and probiotics in the market place. The probiotics are showing, in clinical trials, to be anti-tumoral and anti-viral. You should have an interest in these.

Acquire Core Health Products and BiOptimizers Products through the IWARC/AACI store on our website (www.americanaci.org). Note, we do not sell them but "take" you to the source for procurement.

HYPERTHERMIA

Hyperthermia (the opposite of hypothermia – brrrr!!) is the process of heating the whole body, the blood, or the tumor itself via different methodologies – some of which, in my opinion, are very suspect.

Tumor-specific hyperthermia involves heating up the tumor to about 108 degrees for 45 to 60 minutes. Radiowave therapy utilizes a probe with radio frequency to heat the cancer cells up to about 150 degrees. Hot baths by total body immersion (only nose and mouth out of the water) at 102 degrees might be very soothing but probably isn't hot enough to kill any cancer cells. Most research shows that these malignant cells start to die off when subjected to heat above about 106 degrees.

Hyperthermia perfusion involves a "warmed or heated drug solution" (no thanks) and extracorporeal whole-body hyperthermia is done under general anesthesia by heating blood via an extracorporeal loop, usually through the femoral artery or vein, then returning it to the body (think dialysis machine). Radiant hyperthermia is performed using mostly hot water blankets or a thermal chamber.

I believe the jury is still out on the best way to perform this procedure – although it is proven that heat will kill cancer cells. Conventional hospitals like to advertise it but use it exclusively with chemotherapy, radiation and drugs. I wouldn't touch that with the proverbial ten-foot pole.

Many "alternative" clinics utilize various effective methods of this treatment. I would put my faith in these professionals, as the establishments that practice this therapy have a far better understanding of how and why hyperthermia works – and what makes it consequential for cancer patients. That's what I would do.

COLEY'S TOXINS

Coley's Toxins, now commonly referred to as "Mixed Bacterial Vaccine" (MBV), is a form of fever therapy. Understanding that fever appeared to kill cancer cells, William Coley first pioneered the use of this concoction that bears his name in the late 1800's by combining the killed bacteria of streptococcus pyogenes and serratia marcescens (big words for bad stuff) to produce a high fever in cancer patients. The idea was (and is) that the infection would produce an immune system response to destroy the cancer. Guess what? It worked.

"In the West Indies, natives afflicted with syphilis or cancer cured themselves by deliberately subjecting themselves to infection from such high fever diseases as malaria, typhus fever or typhoid fever." Thanks, again, to the alkalizeforhealth.com website for that info. There's that old school, backcountry medicine again. Darned if it doesn't always seem to work. My Great Hekawi Grandmother would be proud.

I would definitely consider Coley's Toxins as administered by a qualified, alternative cancer care clinic. The science is pure and the results are documented. The clinics mentioned in this book (and others) are providers of this treatment.

ESSIAC TEA

You would think that Essiac Tea was poison the way that it is attacked and discredited by mainstream medicine. I believe otherwise.

Essiac was "outed" by Rene Caisse (pronounced Reen Case) via Ojibway natives in the early to mid 1920's. Upon seeing a tribe member heal an English woman's breast cancer with the four-herb compound, this Canadian nurse started on a crusade to treat cancer patients – most of the time for free – for two and a half decades. The healing stories are the stuff of legend. Essiac (Caisse spelled backwards) is composed of sheep sorrel (the backbone of the recipe), burdock root, slippery elm bark, and rhubarb root, and is generally made into a tea. Its method of biological activity is said to be in its ability to jump-start the immune system and normalize the pancreas. It makes sense, then, that it appears to work very well with diabetics in addition to cancer patients.

The American Cancer Society states on their website that "available scientific evidence does not support its use for the treatment of cancer in humans." They seem to immediately refute that when they acknowledge, "there have been many testimonials." They then summarize their editorial on Essiac with the following: "Relying on this type of treatment alone and avoiding or delaying conventional medical care may have serious health consequences." Finally, we agree on something. Indeed, avoiding or delaying conventional medical care ***could definitely*** have serious health consequences – you'll probably survive! Now, that's serious.

I would not, however, rely on Essiac alone to effect the changes in my body that would defeat cancer. I don't hesitate to say that even though there is a large stack of testimonial evidence to the contrary (that Essiac Tea has healed many a cancer by itself). The cancer diet, ionized water, sunlight, organic supplements, the right treatments and therapies – plus Essiac – yes, that I would do.

Women who are pregnant or nursing should avoid Essiac as well as those with kidney disease, ulcers or colitis (use ionized water), or with tumors where swelling could be a problem. I would use only the original formula or make it myself from organic ingredients. Acquire it from Essiac Canada International at www.essiacproducts.com or 866-727-8800. You can learn to make it yourself by watching a YouTube video at this address: www.youtube.com/watch?v=XacqG7isA_E.

KM

KM is in this mix for a very special reason. I discovered this golden elixir (actually dark brown) at a health fair associated with one of the greatest road races in America, the annual "Bloomsday" run in Spokane, Washington. This run generally hosts over 45,000 runners and walkers who stroll through the Convention Center the day before the event to shop the many vendors who are hawking their wares. That's where, in 1988, I was "hooked" by a small man holding a white plastic bottle, printed in orange, "that was gonna change my life." Yeah, right. I've heard that one before. But, you know, he was right. I stepped into the world of KM and never looked back (thanks, Stark!).

For quite a while during my study of supplements, KM was the only thing that I could truthfully say had ever done anything noticeable for me – health wise. But I'm getting ahead of myself. First, you need to know what it is besides a brown liquid.

Manufactured by Univera, formerly Matol Botanical, KM is a blend of 14 herbs in a proprietary extract that is very high in potassium and minerals. It is said (on many websites I have visited) to be "the largest selling nutritional product in the USA." KM is advertised to increase energy, purify blood, remove toxins, oxygenate the blood, and improve circulation – among other things. I can attest, personally, that it does these things. After beginning to gulp an ounce or two per day, I was never sick, had no colds or flu, had increased energy and stamina, and knew that my blood was more oxygenated through increased endurance while running and hiking in the mountains. There was no doubt that it was the KM that was making the difference. I attended a seminar in 1990 where I heard a doctor say that if you have been taking KM for at least a year, you would never get cancer. Many agreed. At that same function I talked to an 80+ year old man who had had skin cancer on his nose. He said he just poured the KM down his throat and over his proboscis and the cancer vanished.

I'm not going to tell you that KM will heal your cancer and neither will Univera. But many would testify that they believe it has for them. Whatever the case, I consider it to be an excellent super supplement for cancer patients and I would definitely put it in my arsenal if I had cancer – or even if I didn't. You can find the product by contacting a Univera Distributor on the Internet or through the phone book.

GRAVIOLA – PAW PAW

The fruit and twigs of the graviola and paw paw trees are known by many to have anti-cancer compounds. The graviola tree is native to

South America while the paw paw resides in North America. While these supplements are generally thought to be relatively new in the marketplace, much research and many studies have been carried out involving these two natural products.

Both extracts are said to work by blocking the ATP production in the cancerous cells and causing them to "self destruct." They are also known to support the immune system. Most experts involved in plant extract research will tell you that paw paw is 40 - 50% more powerful and effective than graviola. And, the Health Sciences Institute, in their January, 2001, *Member's Alert*, stated that graviola was "10,000 times stronger in killing colon cancer than Adriamycin, a commonly used chemotherapeutic drug." Also stated in this article by HSI was that testing had shown that graviola "effectively targets and kills malignant cells in 12 different types of cancer." There is also adequate proof through clinical research done by the National Cancer Institute (graviola) as far back as 1976, and through ongoing studies by Dr. Jerry McLaughlin (paw paw) over many years. Both of these substances have a very long history of use as herbal medicines.

The studies, research, clinical evidence, and testimonies are available for all to peruse at the following sites:

www.pawpawresearch.com

www.graviola.org

You will also be able to locate the best and purest products and the proper methods for using them at these sites (or links therein).

Jacquelyn Johnston, a professional health coach and speaker, is working with paw paw and cancer patients in Richmond, British Columbia (suburb of Vancouver). The programs that she and her team have developed utilizing this substance with other synergistic supplements are producing what we would call "near perfect" results. The last time I talked with Jacquelyn a short time ago, she stated that their cancer healing success with the paw paw protocol was 100%. Did you get that? 100%! Let's see, the rate of remission for chemotherapy patients is less than 3% over five years. Wait, let me do the math. That means that all of Jacquelyn's patients are alive and 97% of all chemo patients are dead within five years of diagnosis. I don't know about you, but if I was diagnosed with cancer I would surely be interested in finding out more about what she is doing. As Gibbs on *NCIS* likes to say, "Do ya think?" If interested, please contact Jacquelyn at 604-276-8673 or by email at **jj@lifestyleforlongevity.com**. Also, her website is **www.LifeCancerFree.com**.

Would I use one of these if I had cancer? You bet.

SUPER JUICES

The "real" super juices are the ones you make yourself from fresh, organic fruits and vegetables (veggies on the cancer diet). However, there are a couple of commercial brands that warrant taking a look at.

Mangosteen juice is full of xanthones, which have proven in many studies to be anti-tumor, anti-fungal, anti-bacterial, and to kill cancer cells. I would consider this juice as a supplement to a good anti-cancer protocol. I believe Xango™ to be the absolute premium mangosteen product in the marketplace – and I drink it. This brand is the only one I could find (from mangosteen) that utilizes the entire fruit (very important). Mangosteen typically is loaded with phytonutrients, particularly xanthones, catechins, flavonoids, and proanthocyanidins. Of considerable importance, however, are the xanthones – as they appear to be the most biologically active components of this fruit. And, they are most dense or concentrated in the rind or "pericarp" of mangosteen. That's why it is important for the whole fruit to be used in the supplement – just like Xango™ employs it.

Regarding mangosteen juice, Xango™ was the first – and I believe them to be the best – by far. While no one can say that this product will cure cancer, I have heard some amazing testimonies regarding that exact subject. Certainly, if I had cancer I would be drinking this great tasting supplement. It is one exception I would make to not eating most fruits on the cancer diet. And, please keep in mind, most sickness and disease are caused by – and accompanied by – inflammation. I believe the mangosteen fruit to be one of the greatest natural anti-inflammatories ever discovered. I sincerely think that this property is bottled exquisitely in Xango™ juice.

Limu Juice may well be the king of the super juices. It is made from fucoidan, which is found primarily in a brown sea plant called limu moui. Fucoidan, also found in many types of seaweed, is loaded with over 70 essential nutrients and has proven, in over 800 independent studies over the last 40 years, to be anti-cancer. A dozen medical journals have reported on this natural extract and its ability to cause cancer cells to self-destruct. I would definitely drink this juice if I had cancer. I have spoken to an anti-cancer expert who believes that Limu Juice is a stand-alone cancer treatment. He has testimonies to prove it. You can scan the Internet for suppliers and the hundreds of studies done that prove the efficacy of fucoidan. You can acquire this product through its distributors.

Although it cannot be classified as a juice, a very, very promising "juice-like" nutritional supplement has recently entered the marketplace and appears to be having dramatic results *at the cellular level.* ASEA is said to utilize a patented method for creating and stabilizing molecules native to the human body which provides a pathway to deliver critical "reactive molecules" – molecules that are deemed necessary for maximum cellular health.

I know, you are asking what all that means. Here it is in layman's terms (I had to condense it down so I could understand it):

> Through it's "Redox Signaling" – as this process above is defined and known – ASEA boosts the efficiency and effectivity of the body's super anti-oxidants, superoxide dismutase (SOD) and glutathione, by as much as 500%. A recent study also demonstrated that ASEA will increase the uptake of antioxidants while

> minimizing inflammation. All of this is good news for cancer patients and the human immune system.

Bottom line: Will it heal cancer? I can't say that. Will it give a vastly increased energy and healing capacity to the stricken patient? I don't believe there is any doubt about that. Although ASEA is a relatively new product, the testimonies are starting to come in and are both inspirational and, based upon the science, very credible. And, the really great news is that many of these are related to cancer. Healthy or not; cancer or no cancer; I would seriously investigate this new supplement.

OTHER TREATMENTS/CENTERS

I have the highest regard for the Gerson Institute and the "Gerson Therapy." This therapy was developed by Max Gerson in the early 1900's and has been carried on by his daughter, Charlotte, who sadly passed away in February, 2019. Charlotte and I spoke together a few years back at an event in San Diego. What a wonderful, charming, and knowledgeable woman she is. This natural treatment protocol uses organic foods, juicing, coffee enemas, detoxification, and natural supplements as a means to restore and strengthen the immune system and allow the body to heal itself. The Gerson Institute is located in San Diego and they have a clinic in Tijuana. Contact them at their website, **www.gerson.org**, to get all appropriate info.

Dr. Lorraine Day healed herself of a severe case of cancer and rebuilt her immune system through only natural therapies. Her story is incredible and you can actually see pictures of her enormous tumor on her website. This doctor, now 80 years old, is living proof of the power of diet, nutrition, and faith to heal disease. Dr. Day has developed a complete 10-step program that is likely worth its weight in gold if you have cancer. Another very high recommendation is given here. View her data and information and acquire her protocol at **www.drday.com**.

I've seen many cancer patients drinking soda pop – both regular (sugared) and diet. I refer to it as ***cancer in a can***. Most of these people are old enough to make their own decisions – good or bad – concerning what they put in their mouths. Unfortunately, our kids are not. They literally drink gallons of sugared drinks a week. It's a major part of the reason why they are overweight, pre-diabetic, lethargic, and have attention deficit disorder – and also why many of them will get cancer. Friends, there are very few companies that make drinks that are any good for our children. Get them into the Kangen Water™ early in life. Start them on "nut" milks (they're great) and freshly-juiced juices. You will be glad you did – and so will they.

Last, but not least (by a long shot), is chocolate. I know – I said that cancer patients must not eat (ordinary) chocolate. I steadfastly stand by that statement for the most obvious of reasons: most chocolate is filled with sugar – and we know that sugar feeds cancer. However, fast-forward to some wonderful new products in the marketplace from several companies that are referred to as "healthy chocolate." Seems like an oxymoron, doesn't it? Actually, natural chocolate (dark, cacao) is very nutritious and high in anti-oxidants and flavonoids. Yes, it's actually good for you! Healthy chocolate offerings are preserved through a low heat and cold pressed process. These products have no added colors, artificial flavors, and no preservatives – and only a very small amount of natural sugar or, better yet, sugar-free. In addition, this healthy chocolate is gluten, lactose, and caffeine free, diabetic friendly, vegetarian, and has no waxes or fillers.

Come, let's discover ***real*** chocolate the way that it is meant to be – nutritious and healthful – and its potential use and enjoyment for those afflicted with cancer.

In an article published by "nygal" on the cancerdirectory.com website, April 26, 2009, the following is revealed and gives hope to all of us chocolate lovers:

> "'The great news is that in addition to being decadent and delicious, moderate amounts of dark chocolate may play a role in

> cancer prevention,' said Sally Scroggs, M.S., R.D., L.D., health education manager at the University of Texas M.D. Anderson Cancer Center's Cancer Prevention Center.
>
> "Recent research indicates that dark chocolate's chemicals, which act as antioxidants, have been shown to play a role in reducing cancer risks by helping to combat cell damage that can lead to tumor growth. These antioxidants occur naturally in the plant-based cacao bean, the base of all chocolate products. Cacao beans are, in fact, one of the most concentrated natural sources of anti-oxidants that exist."

And from the April 18th, 2005, *Science Daily*, comes this:

> "Researchers from the Lombardi Comprehensive Cancer Center at Georgetown University have shown how an ingredient found in chocolate seems to exert its anti-cancer properties – findings that might be used one day to design novel cancer treatments. The study, published in the April issue of the journal Molecular Cancer Therapeutics, explains how pentameric procyanidin (pentamer), a natural compound found in cocoa, deactivates a number of proteins that likely work in concert to push a cancer cell to continually divide."

When man gets hold of natural foods and "diminishes" them, we commonly get unnatural products that aren't very good for us (or, in fact, are very bad for us) but really taste good and have a tendency to be addictive. Such is the case with milk chocolate, white chocolate, hot chocolate, etc. We love them, horde them and, seemingly, always return to them – these sweets that we call "feel good" or "comfort" foods (yes, "foods" is kind of a misnomer here). Unfortunately, man-made, artificially sweetened chocolates should always be avoided – and, certainly must be by cancer patients.

Having said that, I see no harm in including a little from such companies as Xocai™, Naked Nature™, Well-Beyond™ or others that support the tenants of the cancer diet – in small amounts. I might just wait, however, until my cancer experience was at an end before imbibing in anything with even a speck of sugar. Also, put this chocolate in your kid's mouths instead of candy bars and bubblegum. Contact the individual companies for these products.

It is beyond the scope of this book to cover all the known anti-cancer treatments, therapies, supplements and protocols. As natural researchers and scientists head to the fields and forests, they continually discover plants, shrubs, trees and herbs that are instrumental in enabling the human body to overcome many diseases, including cancer.

Our hope continues to be that these discoveries will be able to see the light of day. Your support for "natural" and anti-cancer companies, institutes, researchers, and foundations will help secure this vision and topple the ineffective status quo of today's cancer therapies.

CHAPTER ELEVEN

SYNTHETIC VISUALIZATION: WHAT YOU BELIEVE CAN HEAL YOU OR KILL YOU

"Errors in the choice of attitudes and beliefs we hold are no less devastating than mistakes in medication or surgery."

Neil F. Neimark, M.D.

Jane (real person, not real name) was diagnosed with metastatic cancer a few years ago. She didn't feel that bad but knew something was wrong when she went in for tests. CT scans revealed the bad news: multiple tumors in multiple places. Most of her major organs were affected and the prognosis, by anyone's measure, was bleak with the accompanying verdict of only a few short months to live.

After the doctor pronounced the death sentence, he forwarded the "we can get you more time with chemotherapy" standard routine. Jane headed for home, depressed, disillusioned, sick, tired, and desperately frightened. Wondering what to do, she sought the counsel of family and friends who offered support and some "non-conventional" ideas. After righting herself and walking down from the gallows, she decided to employ "alternative" therapies, diet, good water, and supplements to fight her disease. She was on the right track. She started to feel better as the healing process began within her.

Then, for supposed verification that the cancer was retreating, Jane visited her doctor again. He proceeded to tell her that she was expediting her demise by entertaining this silly "non-medical" protocol. Her only hope for extended time still lay in chemo. She was verbally chastised for her foolishness. She went home, got her affairs in order, checked herself into Hospice, and died a week later. Unfortunately, Jane's case is not atypical or isolated.

She conceived that the choice she was given was either a slow and agonizing death by drugs or a more imminent demise by doing nothing. Her medically induced conception was that she was "dead" either way. The seed was planted – and she simply gave up.

Jane was told she was going to die, she believed it, and did what she was told. What you believe, what you perceive – especially with cancer – will play a major role in whether or not you recover.

It is really true that what you can visualize or conceive in your life can, and usually does, come true. We have all seen or heard the stories of elderly, long-married couples who have died within days or weeks of each other. And, we would be foolish not to believe the explanation that "one could not live without the other" was the primary cause of the second death. As human beings, we often have the innate ability to "will" ourselves to produce specific outcomes. No, it doesn't always happen, but what we believe to be true can – and often does – result in predicted outcomes.

Stress, attitude, emotions, feelings – all play into this scenario – especially with cancer. And, here is an interesting take on this from Bob Davis, who overcame cancer twice and has worked with and interviewed many cancer patients (from his How Your Attitude Affects Cancer Treatments):

> "Hospitals that specialize in alternative cancer treatment can predict who will succeed and who will fail by the attitude that is expressed by the patient. Success requires a strong, optimistic and dedicated attitude. One must be tolerant of inconvenience and

> some distress. Recognize that things will be different in your life for a while or even for the rest of your life. You may have to give up some favorite things. So what, do you want to survive? I have seen so many complain because they can't have their favorite food. In the words of Dr. Phil McGraw, 'They just don't get it.'
>
> "One person who overcame cancer with an effective diet program said to me: 'I will never go back to the way I lived and ate before.' This is a winning attitude. Patient, strive to be optimistic. Caregiver, encourage the patient. Attitude can determine your success."

Bob, I couldn't have said it better – no one could have. While there are no guarantees, we must play the odds. And, the odds are that a good attitude toward the success of your cancer program could be the difference in your healing.

The "cancer attitude" is a definite psychological situation, but it lends itself directly to physical changes within the body that are critical. This attitudinal effect created by stress or depression is proven to be detrimental to healing. A study entitled, "Influence of Psychological Response on Survival in Breast Cancer," done by researchers at Royal Marsden Hospital in Sutton, England, and reported in The Lancet, Volume 354, Issue 9187, in 1999, stated that "A study of 578 women with early-stage breast cancer found that those who revealed strong feelings of 'helplessness and hopelessness' were more likely to relapse or die within 5 years than those with low scores in this category."

A similar study on breast cancer included in the January 7, 1998, edition of The Journal of the National Cancer Institute and reported by James Michael Howard through Reuters, deals directly with the physical implications of attitude and stress. The quote from this report states:

"The stress of being diagnosed with and treated for breast cancer can affect a woman's immune system. The effects were so clear that they could make a woman susceptible to illness caused by the chemotherapy and radiation treatment that often comes after surgery. The findings lend weight to the age-old beliefs that a person's attitude to cancer can affect their survival and recovery."

Jeff Grabmeier cited the following Ohio State University study in the Albion Monitor:

> "Breast cancer patients who feel high levels of stress concerning their diagnosis and treatment show evidence of a weakened immune system compared to patients experiencing less stress, a new preliminary study shows.
>
> "Researchers found that the highly stressed women had lower levels of natural killer cells than women who reported less stress. Natural killer cells are one vital weapon making up the immune system. 'Natural killer cells have an extremely important function with regard to cancer because they are capable of detecting and killing cancer cells,' said Barbara Andersen, leader of the research team and professor of psychology, obstetrics and gynecology at Ohio State University. These results, although preliminary, suggest that psychological stress may play a role in how the immune system responds to cancer."

Dr. Leonard Coldwell is, arguably, one of the best Naturopathic doctors in the world. The author of 19 books and creator of the IBMS™ (Instinct Based Medicine ™ System), my friend, Dr. "C", has a proven and verifiable 93% success rate with cancer patients who have not undergone "The Big Three."

When it comes to the main causes of cancer, Dr. Coldwell makes no bones about what he believes, has seen, and can prove. We'd all do well to listen carefully to the following:

> "So, what causes an acidic body? Or, what puts it in a state of acidosis and a lack of oxygen? The answer is, first and foremost, stress! Nothing can make the body acidic faster than stress. Stress

> shuts down the metabolism so you can't get proper nutrition. Many illnesses stem from nutritional deficiencies which are actually caused by stress – even if the person has the best diet and nutrition in the world.
>
> "Stress truly does affect our health and well-being. Studies have shown that 86% of all illnesses are caused by stress, while a Stanford University study concluded that 95% of all illnesses are stress related! Even if we use the modest 86% figure, this means that only 14% of all illnesses are caused by other factors not related to stress."

Dr. Coldwell weaves this "stress-factor" into our emotional and physical experiences in his book, The Only Answer to Cancer, through this missive:

> "Whatever happens in our emotional existence happens in our physical body. Cancer can come from just one trapped and isolated emotion, a feeling of having no choice, helplessness and hopelessness. Mind and body are connected, and any repressed feelings such as wanting and deserving love, acceptance, harmony, success, peace, stability, freedom, and a simple sense of joy in life are translated into appropriate biochemical responses in the body.
>
> "Whatever emotions or past traumas you keep to yourself out of fear of being criticized or laughed at actually turn into poisons in the body. But the main problem is denial. What I mean by this is that, subconsciously, you know that something is really wrong and needs to change but you take no action to correct it. You continually make excuses or ignore it. Of course, not letting go of past traumatic events is another major root cause of cancer. My solution, instead of 15 years of psychotherapy, is to simply get over it and move on!"

Friends, listen to Dr. "C" and eliminate the stress and emotional baggage – as best you can – from your lives.

Often accompanying stress, depression and hopelessness, is fear. In most instances, whether they show it or not, cancer patients are scared to death. The human instinct is to survive, and if not given any hope that this can or will happen, this instinct – driven by fear – is suppressed and the outcome is usually poor. Shamgar Ben-Eliyahu, from the Tel Aviv Department of Psychology, reported the following in Science Daily, February 29, 2008:

> "The psychological stressors of surgery deal a blow to the immune system, but this is hardly discussed in the medical community." And, here is the important part. He adds, "Ours is among the first studies to show that psychological fear may be no less important than real physiological tissue damage in suppressing immune competence."

Translate this into the cancer experience and one can readily extrapolate that fear is an immune system suppressor having the ability to break the back of any treatment program, conventional or alternative.

This next bit of information may seem a bit harsh to some and is provided, once again, by Bob Davis, from the same source that was quoted earlier. And, while I generally agree with him, I believe that there is a little more to the story that must be added. Bob's take on attitude, optimism, and motivation follows:

> "I have dealt with many people who had cancer. Those who overcame had optimistic and aggressive attitudes. Those who did not survive were weakly motivated and vacillated regarding what (and how) they would do to fight the cancer. I know that this generalization is unkind and even cruel to those who were weak and fought the best they could to the end. I am not speaking of them. The ones that I reference are those who were reasonably strong who 'decided' that the fight was not worth the effort, or who had no confidence in an alternative program. I saw them die without trying. We have the popular notion that people are entitled to

> their opinion. If this is true, then we must consider that we are also obligated to receive the consequences of our actions, including those brought about by our attitude."

He continues with an experience that gets to the real heart of his philosophy:

"In March of 2000, I met a man who sat slumped on his sofa with an oxygen tube at his nose. 'Emphysema?' I asked. 'Lung cancer,' he responded. He then went on to tell me that he had received his last chemotherapy treatment and he was waiting to die. I asked him if he had considered an alternative treatment. He said that he had heard of alternative cancer treatments. I asked him, point blank, 'Do you think that your life is not worth saving?' He was very angry and said, 'That's a #### of a thing to say!' I asked him, 'Well, it's true, isn't it?' I meant no offense. I can't understand why, in the face of certain death, he would not actively pursue an alternative treatment protocol."

I know what you're thinking. That was a #### of a thing to say! And, while I would not have approached it that way, I have complete understanding of why Bob did. It is difficult to comprehend the reasons that people will not fight for their own lives. This precious gift of breath (the only thing we really have that we can call our own from birth to death) that has been given to us seems far too valuable to let go of without a battle. I would like to think that I could not forfeit my life that easily, that I would fully engage the enemy till the end. I get the realization, however, that the true answer for many others is not that straightforward.

For probably a multitude of reasons, apparent or not, many cancer sufferers have simply given up, having perceived the battle to be lost. They may have been through the best treatments that conventional medicine has to offer with no progress, endured serious side effects, and have lived with a very poor quality of life for months or years. They are tired, very sick and, simply, have no will to continue. Add to that the fact that they are depressed, pessimistic, emotionally sterilized, and "just want it to be over." There is no more desire, no more energy, no remaining will for any additional treatments, conventional or alternative. After all, if America's "gold standard" of therapies has failed them, they cannot "visualize" that anything else could possibly work. And, "where there is no vision, the people perish." Unfortunately, I've witnessed it many times. They have "seen" their death – and, suddenly, appear to be okay with it.

Many have been so heavily "treated" that they would not have survived any additional intervention, regardless of what it was. There are others, though, still upright and mobile, who might benefit from non-allopathic measures that may, at a minimum, relieve pain and give them a better quality of life for whatever time is left. Maybe, just maybe, they could still be healed. In fact, it happens everyday for many who somehow can generate the will to keep going – to keep trying – to live.

Yes, it can be said that attitude is everything. And, while a good one won't necessarily heal you, a bad one will lead you rapidly in the other direction. Of this, you can be sure.

Probably one of the best statements on desire and healing comes from Ellen A. Mogensen of "Past & Now Forward Holistic Counseling":

> "You are the only one who ever heals yourself. You heal for two reasons. One, you believe you deserve to heal and that belief manifests as your desire to be healed. Two, your desire to be healed manifests as action on your part to get healed. So many people delay, deny, and diffuse their healing because, at bottom, they do not want to live. The desire for healing is truly the desire for living. You will only heal if you really want to live."

Although some might consider the foregoing controversial, when you boil it down, it is unequivocally true. We usually get what we "really want" in life. This is because the things we really want are the things that we go after with all the gusto we can muster. We plan, we scheme, we cajole – we do whatever is necessary to obtain what is most important to us. And, for the most part, with this type of maximum effort, dedication, and "never quit it till I get it" attitude, the results are positive.

Thus, the "you will only heal if you really want to live" idea makes absolute sense and proves itself every day in the lives and healed bodies of those who wouldn't quit – no matter what.

You must choose the right path, however. With the best of intentions and an unequalled zest for life – you can still walk off the cliff in the darkness. Instead, seek the light with your pro-life attitude; the light that reveals the truth about cancer and the treatments, therapies and protocols that work best in allowing your body to defeat this disease.

Synthetic visualization. What does that really mean? To me it has nothing to do with artificially "seeing" your cancer gone and "hoping" yourself to wellness. We get enough of synthetic things through traditional drug therapies. No, this phrase brings together, or "synthesizes," the thoughts and actions that will result in the healing of a cancerous body. And, while you cannot actually "think" yourself well, you can combine a healthy and positive attitude with a tried and proven "alternative" cancer plan that will give you, without any reasonable doubt, the best chance for survival.

You'll notice that the word "alternative" is, once again, in quotation marks in the last paragraph and, largely, has been as it pertains to "Alternative Medicine" in this book. As previously stated, this term is really a misnomer in relating to the practice of non-conventional measures to bring healing to cancer patients – or any patient.

One of the best consumer advocates I know, Tim Bolen, says it best – and you need to hear it:

> "'Alternative medicine' is defined as any protocol, action or therapy that isn't 'drugs, radiation, or surgery oriented.'
>
> "Wrongfully named? Yes. So-called 'alternative medicine' is actually the health choice of planet earth. It is a combination of

> every good health idea invented by mankind, in every country and culture on this planet. There is nothing 'alternative' about it. Labeling planet earth's health choice as 'alternative' is, and was, a propaganda device.
>
> "North Americans have overwhelmingly (by their purchases) made 'alternative medicine' the 'health choice of the people' – for the best of reasons: it works better than allopathic, it 'removes the cause' rather than 'treating the symptoms', it is cost-effective, it makes people feel better and think clearer, and it doesn't have all those horrible effects, and side effects, of invasive surgery or prescription drugs.
>
> "More than half of the U.S. health dollar in 1999 was spent on 'alternative medicine' and it was all out-of-pocket. Conventional medicine is being paid for, and is surviving, only because insurance and Medicare pay for it – the public won't spend an out-of-pocket nickel on it.
>
> "Alternative medicine philosophies fit the 'American (I'll make my own decisions)' way of thinking. Allopathic medicine philosophies fit the 'Germanic (follow my orders)' way. 'Alternative medicine' is for people who think for themselves – Americans.
>
> "The door to real 'alternatives' is barely open. The future of medicine is right in front of us – it isn't in pharmaceuticals – it is in nutrition, body cleansing, prevention, oxygen therapies and energy medicine."

Gee, thanks, Tim. Exactly what is in this book. Bolen writes one of the best newsletters available – and you can get it for free. Subscribe to it at www.bolenreport.com. You'll be glad you did.

Visualize victory with your "alternative" cancer program. Understand that it is really the only way you can successfully heal. Seek out support groups and organizations. There are many that are chock full of cancer survivors who “did it their own way.” Find a cancer coach, embrace (and appreciate) your advocate – even when they tell you things you “don’t want to hear.” Take charge of your immune-boosting therapy, exercise to get rid of the stress (if you can), embrace that “power of positive thinking” that is not an old cliché but a real life-changing process.

Yes, predict and visualize your triumph over cancer. Seeing is believing – and belief is what will get you over that last hump when it doesn’t seem like anything else will.

CHAPTER TWELVE

MEDICAL MARIJUANA – OR HEMP OIL?

"CBD is the best anti-inflammatory, anti-cancer, anti-anxiety superfood you're not eating."

Liz Moody, Food Director, MBG Food

To be – or not to be? To stop – or go forward? Take a chance – or take no risk? These are just a few of the questions in life that we must all individually answer and that are viewed very differently by many who must make the choice.

And so, the next questions should be no surprise and will be argued into perpetuity among those asking them. Marijuana – or hemp? THC – or CBD? Smoke – or oil? There are more, of course, but these are the primary queries concerning the dilemma that seems to surround the marijuana vs. hemp debate – both "sides" having staunch supporters.

I grew up in a time (1960's teenage years) when the world was virtually turned upside down by social upheaval and rebellion. The Vietnam War, assassinations of Robert Kennedy and Dr. Martin Luther King (1968), Watts Riots in Los Angeles (1965), Woodstock Music Festival (1969), and the "Summer of Love" centered in the Haight-Ashbury District of San Francisco (1967) were just a few of these. I was in that district just a few years later when most of the "hippies" had moved up to Grant Street

(I visited there, as well!). With the last two of the aforementioned events came the manifestation of drug use centered around the topics of this chapter – marijuana and hemp. Also known as pot, weed, grass, 420, dope, reefer, Mary Jane, and about 25 other names, marijuana is a subset of the cannabis sativa family and generally grown and produced to be high in THC (Delta 9, tetrahydrocannabinol), the psychoactive element of this plant.

On the other side of this equation – enter marijuana's sister, hemp. Grown in the past largely for industrial use, hemp's cannabidiol – or CBD – (both THC and CBD are cannabinoids) is one of at least 113 cannabinoids and the most studied and active in the hemp plant. Cannabidiol, discovered in 1940, can contain up to 0.3% THC (very small, non-psychoactive amount) and is legal in the United States for all uses.

Of course, we know that marijuana is still illegal Federally under the Controlled Substances Act and is classified as a schedule 1 drug – like cocaine and heroin. At the time of this writing, 46 states have medical cannabis laws and 10 states have approved the recreational use of marijuana – basically defying Federal Law. Look for more states to approve recreational use and for the Federal Government to change its stance in the near future.

Enough of the facts and figures. Let's move forward to what the hullabaloo really is about regarding the therapeutic use and medicinal properties of both marijuana (with THC) and hemp (CBD). How do they compare? Which is better? Why the ongoing controversy about which is the best (therapeutically)? What do they actually do within the human body? Good questions.

First of all, we need to understand that these wonderful human bodies that we have are designed to be accepting of the cannabinoids present in both hemp and marijuana. We have what is called "the endocannabinoid system" within us that has, well, essentially always been there. This system first works with the cannabinoids produced naturally by our own bodies and utilized through reception sites called CB1 and CB2 receptors that are located throughout our bodies – including our brains. Yes, we do make our own cannabinoids! In addition, we also have what are called G Protein Receptor sites (GPR3 – which are additional cannabinoid receptor sites) that can control both the upregulation and downregulation of 800 human genes. As a result, these sites have a direct relationship with Alzheimer's Disease, Parkinson's, Epilepsy, pain, and metabolism – to name just a few.

One could easily say that the endocannabinoid system (ECS) uses cannabinoids to transmit certain signals to and through the epigenetic systems of the body that help to regulate homeostasis. In other words, the Yin and the Yang – the balance of the bodily functions. Yes, and I will say it again. Sickness and disease are a result of the breakdown of our epigenetic systems – not of the genetics of the body that are basically carved in stone.

Cannabinoids are known to modulate the immune system and inflammation – literally activating the macrophages, neutrophils and B cells to upregulate immune function. And, as I have said hundreds of times before, inflammation is the result of the acidification of the human body and the harbinger of all sickness and disease. Cancer is spread through inflammation (and begins that way). Cannabinoids have a positive and therapeutic effect on inflammation.

I mentioned earlier that marijuana (THC) has been in steady use by many since the 60's. Its popularity has not waned even though its use and possession have been illegal up till today – Federally. State's rights have appeared to trump Federal Law and participation in the usage of marijuana has exploded. Production now exceeds demand – if that seems possible. I am not going to be judgmental of those who embrace the psychoactive high that smoking this plant delivers. No, that's not my place. However, what I do know is that smoking anything is a "cancer-causing endeavor" no matter how you perceive it. Smoke contains carcinogens – cancer-causing chemicals – regardless of the source. Period. So, I really can't endorse smoking anything. I know why people do it though. I have seen those struggling with end-stage cancer that just want the pain to end – or at least not be as bad. They want their appetite back so that they can eat and not throw up everything after the chemotherapy sessions. Many of you have first-hand experience with this dilemma. Marijuana delivers on these things. I get it.

Having said that, I would go a different route if it was me. I would use an oil, a very minimally processed product of the plant that can stimulate the endocannabinoid system within my body that might just help to return me to homeostasis by strengthening and healing my epigenetic systems which, in turn, will restart and build up my immune system – the only thing anywhere that heals cancer or anything else. That's exactly what I would do. And I use cannabinoids today for this "balance" we just talked about – and for prevention. Remember, what prevents, heals. And what heals – prevents.

So, let's get back to the argument. That being – THC or CBD (cannabidiol)? Which is better? Which one will help me, my spouse, my children, et al? In the final analysis, you get to choose what you feel is best for you.

Although I certainly know that many, many people have been helped through the use of cannabis with THC, I would choose CBD – and I have. Following, you will see my reasons through the research and study I have done. You should do your own. But this information is a good start for you.

First of all, I want to address how THC affects the body's EC (Endocannabinoid system) and behavior. From the website headsup.scholastic.com, I submit this:

> When a person smokes marijuana, THC overwhelms the EC system, quickly attaching to cannabinoid receptors throughout the brain and body. This interferes with the ability of natural cannabinoids to do their job of fine-tuning communication between neurons, which can throw the entire system off balance.
>
> Because cannabinoid receptors are in so many parts of the brain

> and body, the effects of THC are wide-ranging: It can slow down a person's reaction time (which can impair driving or athletic skills), disrupt the ability to remember things that just happened, cause anxiety, and affect judgement. THC also affects parts of the brain that make a person feel good – this is what gives people the feeling of being "high." But over time THC can change how the EC system works in these brain areas, which can lead to problems with memory, addiction, and mental health.

While some people will think the foregoing is not a big deal when they are using THC to get well, I disagree – especially when considering the last sentence above. In addition, research has shown that chronic use of THC correlates with abnormalities in the heart – as well as the brain, as mentioned previously. It is a big price to pay. Of course, others would say that they are not smoking it but instead ingesting cannabinoid oils with THC. I would say that is a better solution, more power to you, I hope you get well. This oil has been shown to assist with multiple sclerosis (MS), HIV/AIDS, nausea, chronic pain, digestion, and some inflammation – as well as lessening tremors. Still, it is not what I would do – it still contains THC. It is your choice, however, and some may do well with this.

I decided to hitch my wagon to the "Hippie's Disappointment." Yes, that is what they used to call CBD. And I did that because the science and the research I have done proves (at least for me) that it is superior and a much better choice in almost all applications of sickness and disease – and for wellness and prevention.

CBD has proved through many studies and in human research (what really counts) to be efficacious in virtually all endeavors in which it was presented; i.e., pain, epilepsy, autism, MS, ALS, Parkinson's (remember, it is neuroprotective), diabetes, rheumatoid arthritis, ADHD, heart disease – and the list goes on and on. And, do I dare say – cancer? Yes, cancer, too. And for those of you in the know – or who have been paying attention – it makes perfect sense. All disease is caused, hatched, or promoted by acidity, toxicity, and deficiency that drives inflammation and the breakdown of the human frame. There is that "epigenetics" thing again. So, yes, I dare say "cancer." What I won't say is that CBD heals cancer or anything else. No one can say that. There is a legion of folks out there, however, who would argue with me on that statement.

It is no surprise to me, with all the research and scientific evidence I have found, that CBD does what it does. But what has always been more important to me is how it actually works on people with real health challenges. And the results are stunning. Many of you have seen the videos of epileptic and autistic children who see incredible results – even within minutes or moments of the first dose. That's real folks – not test tube or mice testing. The same goes for those who suffer from neurodegenerative disease – where no helping or healing mechanism exists (nor ever will) through drugs, drugs, and more drugs.

The following is a quote from Dr. Stuart Titus, CEO of Medical Marijuana, Inc:

> "Perhaps the onset of Alzheimer's Dementia can be prevented by the simple ingestion of a relatively small amount of non-psychoactive plant cannabinoids on a daily basis (50 mgs per day). This simple routine may save our national health care system billions – if not trillions – of dollars through preventative measures."

Dr. Titus follows that, with this:

> "Patients who ingest plant cannabinoids seem to move to a much higher level of overall health and wellness."

I said about two years ago that I believed that the future of health and healing – especially involving cancer – would probably lie within the cannabinoids of the hemp and marijuana plants (a few other plants have cannabinoids). I think that the inclination I had back then is proving to be true today. What do you believe the family in the testimonial below thinks?

> My husband was diagnosed with throat cancer. The doctors

> wanted to do an aggressive treatment which would involve chemicals, burning his throat and a tube in his stomach. He opted not to do the doctor's recommendation because he had lost relatives who had done that method of treatment. He decided to take a natural supplement called CBD from Kannaway. He used the Premium Gold Oral Applicator daily. RSHO, Real Scientific Hemp Oil. Within a short period of time he noticed less discomfort all over his body, better sleep, better moods and overall well-being. On a checkup at the doctor they were all amazed that the tumor that he had in his throat was no longer there. He is no longer taking the strong medication for the extreme discomfort that he had suffered with for years. Geneva W., Acworth, GA

I have chosen the CBD products from the Kannaway company, a subsidiary of Medical Marijuana, Inc. There are many reasons. But, let's start out with my summation that they are absolutely and positively the very best. I know that some of you are arguing with me right now as you have put your proverbial stake in the ground with another company. Again, I say good – go for it. Find what you like that meets all the criteria that satisfies you. Unlike most people, I went deep. My desire to research, question, then research and verify again served me well in finding this company. Here are some facts:

> Kannaway CBD comes from European farms. Due to strict federal restrictions on hemp cultivation in the U.S., the CBD hemp oil used in their products must be imported into the country before processing. They work with these European farms with generations of cultivating experience. Generations!
>
> It is triple lab tested – a process to ensure its safety and reliability. The oil is first tested following harvest, and then again by an ISO/IEC accredited lab after import into the U.S. Final testing comes after products are manufactured.
>
> All products are crafted from all-natural botanical ingredients,

> including their CBD hemp oil and their unique BIBONG® herbal blend.
>
> Certified Hemp Seed; Non-GMO; No Pesticides; No Herbicides; CO2 extracted (best way), Triple Lab Tested.
>
> Products ranging from 10 mg CBD to 120 mg CBD per serving. Comes in capsules, liquid, paste, vape, salve, skin care, pet products.
>
> Premium Full Spectrum CBD – includes trace amounts of THC (remember, up to 0.3% is allowed in hemp CBD – non-psychoactive) along with many cannabinoids found in hemp.
>
> Pure CBD – filtered and free of THC. Pure Humulus Oil – if you want CBD free of all cannabis from the Hop plant. Essential oils, topicals, and Pet CBD.

Kannaway was first to bring CBD to the direct sales industry and has the purest products available. They are recognized as the leader in the CBD industry and are a World Health Organization presenter. Kannaway has been featured on "The Doctors," "Dateline," and "The History Channel" for its research on CBD. The company has experienced 5,000% growth since March of 2016. They must be doing something right!

Friends, there is more. Much more. But we will leave it there for now. I fully expect you to do your own research on these amazing products and the substance you now know as CBD. Look into this, question, learn. Find out what you like, test it and see what it does for you. I can't come up with a single reason why it won't help you in some fashion. It just might be that answer to what you have been looking for in your quest for healing a chronic illness or for something that has been haunting you for a long, long time.

I use these products today and will continue to supplement my endocannabinoid needs for the rest of my life.

O.K., one more: “I have friends that are 3½ years cancer free from Rick Simpson Oil and RSHO (Real Scientific Hemp Oil) from Kannaway. They had Stage 4 pancreatic cancer and Stage 4 Lung Cancer. They did RSHO at night and the Gold Applicator during the day (2 X 3 daily).”

Author’s Note: Neither I nor the Kannaway Company make any claims that its CBD products heal or cure anything.

CHAPTER THIRTEEN

WHERE'S THE PROOF? TESTIMONIES FROM THE LIVING; THE EMPIRICAL REVOLUTION

"It is amazing how quickly the tumor, for instance with colon cancer, is being eliminated. Even with an old patient of 84 years who was scheduled for an operation because of his colon threatening to become blocked, I was able to achieve the complete elimination of the tumor and the patient's restoration to health within a few days. These are not isolated cases, in fact 99% of the sick that come to see me to use the biological method of cancer therapy, are cancer patients who have had operations and radiation sessions, or who were diagnosed as being too far advanced for an operation to be of any help. Even in these cases health can be restored, usually within a few months, I would say in 90% of cases."

Dr. Johanna Budwig

"Where's the beef?" Most of us remember the American character actress, Clara Peller, asking that question in a "Wendy's" T.V. commercial back in the early 1980's. Of course, the "beef" ended up being at "Wendy's."

Today, a similar question is being forwarded (disingenuously) by the American Medical Association (AMA), the Food and Drug Administration (FDA), and the American Cancer Society (ACS) – among others – regarding the evidence that supports the "cures" vocalized by those who have healed their cancers "naturally." They ask, with their condescending attitudes, slight smirks, and tongues firmly implanted in their cheeks, "Where's the proof?"

My response, and that of all those who represent the actual documented evidence surrounding this fiery issue, is two-fold. First, I offer, "where's ***your*** proof?" Where is the pile of paperwork that shows that chemotherapy, surgery, and radiation work to cure cancer? Show me the statistics – those that aren't intentionally manipulated (patients excluded that have died, cause of death listed as other than cancer, etc.) – to prove that conventional medicine is winning the war on this disease. Produce the testimonies of those who endured ten rounds of poison chemo and 30+ sessions of tissue and bone-marrow-killing radiation (sometimes over months or years) and have survived long term and their cancer hasn't returned. And, you know, while there are a few, based upon how many have been treated in this "unnatural fashion," there aren't very many.

My second response is that the empirical evidence (visible, verifiable, repeatable) for "natural cures" is overwhelming and available to all who seek it. There are thousands – probably tens of thousands – of natural healing testimonies on hundreds of websites. Communities are full of support groups filled with survivors that have used "alternative" (there's that misnomer again) methodologies – allowing their immune systems to knock out "The Big C."

That's right. You show me yours and I'll show you mine. But "you" (allopathic medicine) will have trouble producing real proof because you accept and forward ***NO*** proof but your own, based upon ***NO*** studies or clinical trials but your own. You will parade out these clinical studies which document that a few rats and mice survived the overdosing of synthetic drugs that the human body rejects. You will say that "deaths" happen during human trials and FDA-allowed drug experimentation, and that those deaths are acceptable and the price that has to be paid for better pharmaceutical agents. Like Colonel Sherman T. Potter on *M.A.S.H.,* I call "horse hockey" on all counts.

Friends, do you remember where the real proof lies? ***In the pudding!*** That's right. Not in clinical trials; not in drugs or radiation; not in the ever-expanding cancer graveyards. No, this "empirical evidence" that mainstream medicine touts as worthless, is proclaimed daily in the lives and verbal testimonies of those who are living and thriving today because they embraced the right treatments, the right therapies, and the correct protocols that the body accepts (***and requires***) to heal itself.

Are we too passive today to question why so many of our family and friends are dying of cancer? Do we not want to offend anyone? I'm sick and tired of reading the obituaries in my hometown newspaper that are filled with statements like "died after a heroic battle with cancer," and "finally passed away after a courageous, 10-year battle with cancer." Aren't you? Tell me, when do we put a stop to this? Is this a call to action? You bet it is!

The "real truth" and the "real proof" about cancer need to be "outed." Here's a myth buster concerning chemotherapy (the main cancer treatment today – the "gold standard"), revealed in an earlier chapter, and so vitally important to know and understand that it needs to be repeated:

> A study, reported in the December, 2004, edition of Clinical Oncology, by Morgan, Ward, and Barton, on the contribution of cytotoxic chemotherapy to 5-year survival in adult malignancies, reached the following results: "The overall contribution of curative and adjuvant cytotoxic chemotherapy to 5-year survival in adults was estimated to be 2.3% in Australia and 2.1% in the USA." And, this was their conclusion: "It is clear that cytotoxic chemotherapy only makes a minor contribution to cancer survival. To justify the continued funding and availability of drugs used in

> cytotoxic chemotherapy, a rigorous evaluation of the cost-effectiveness and impact on quality of life is urgently required."

Now let's see, have you seen the results of that rigorous evaluation that was so "***urgently required***?" I didn't think so. And, in all probability, you will not. The fact is that the proof is just ***not there*** to support the use of chemotherapy – or radiation – to treat cancer patients. The truth is exactly the opposite. The proof ***is*** there to support ***ending it*** once and for all. Not likely, however, given the power of the drug companies to manipulate and control their test results and the subsequent actions of the FDA. You know, I hate to have to say that. It actually "pains" me to say that. But I told you at the start that this book would be about truth – no matter what. The real truth is that conventional medicine does not have ***any*** proof that their cancer protocols help cancer patients; "alternative" medicine does. I talked via email to Dr. Graham Morgan (retired Doctor now from Australia), the leader of the preceding study and asked him about his findings and if the results with chemo are still as bad today. His response was that they were just as bad – and maybe worse.

Following, you will find a small fraction of this "living proof." These testimonies are of real people telling factual stories of how they survived – many after being sent home to die by their oncologists. Please pay close attention to these. They are not fabricated, not embellished, not forced – not fairy tales. No, this is really "where the beef is, Clara."

Let's start off with a woman with breast cancer (name withheld upon request), had a mastectomy, (ultimately) utilized natural means for healing, at her follow-up visit to her oncologist:

"The oncologist then told me that he was going to prescribe Tamoxifen for me. I had heard about this drug which is a hormone blocker. The point was to keep my hormones blocked from my body because my breast cancer was hormone receptive. But I also know that Tamoxifen can cause secondary cancer, most likely liver cancer. So, I declined. He then said, 'then we'll take your ovaries.' I replied, 'no, you won't.' I need my natural hormones. Thus, the demise of this oncologist/patient relationship!

> "On a side note, the company who makes Tamoxifen later contacted me and asked if I would authorize them to take a piece of tissue from my mastectomy (at the hospital I supposed) so they could test it to give me the percentages of my cancer coming back with and without Tamoxifen. I agreed out of curiosity. They told me the test they were going to perform would cost me nothing, but it cost my insurance plenty – and would all insurance companies in the future! In a general, anonymous statement shortly thereafter, they took credit for my tissue being clean after the 45 days, yet I never took Tamoxifen!"
>
> - A Survivor of Conventional Medicine

Yet another way that statistics are manipulated. ***Note:*** At the time of the testimony above, a photo was submitted that showed this beautiful woman appearing to be ten years younger than her age – and very healthy.

> "I am a retired educator after thirty-five years of working with the special needs population. I had been introduced to Reliv in 2003 and received immediate relief from allergy symptoms, better sleep, more energy and lifting of brain fog. During a routine mammogram in August of 2005, I was diagnosed with Stage 2 invasive breast cancer. After lumpectomy surgery and removal of lymph nodes for testing, I met with the oncologist to discuss the treatment options. To my complete surprise, he indicated I would NOT need chemotherapy. I couldn't believe this. It was unheard of since the tumor had broken through the duct - then cancer had to be somewhere else in the lymph system. Right?
>
> "I did choose radiation treatment. I was informed that I would experience fatigue and a compromised immune system. I was to

tell my employers and colleagues I would probably be missing a lot of time from work besides leaving work daily for treatments. As it turned out, everyone else I was working with ended up being sick with colds, viruses, flu, bronchitis, and all forms of illnesses that come through a school building! I was the only healthy person! I never missed a day from work due to illness. Why could this be?

"Upon diagnosis, I immediately increased my intake of Reliv products more frequently throughout the day providing more nutrition for my body. It is MY belief (not company claims) that, because I was already taking good nutrition with Reliv products for two years previous to the diagnosis, my body was already using the nutrition for the healing and repairing it needed. I am a six-year survivor as I write this and will always take Reliv products!

- Carol Harris, Midlothian, Virginia

Author's Note: In 2018 Carol is alive and prospering.

"There are no words to describe how it felt when (November '08) I was told that I had Stage 4 throat cancer with 3 months to live. 'Shocked' and 'devastated' are too mild. It was as if someone had hit me between the eyes with a brick, made me get back up, and then hit me again.

"I started with chemo (5 types over a 6-month period) and radiation (32) days. I was sick from the onset. I developed mouth sores, my hair and beard fell out, I was terribly fatigued, food had no taste, and I had lost 60 pounds in the process. But I am a fighter and I believe in God's miracles and natural healing so, in addition to chemo and radiation, I used prayer, had friends pray and SEARCHED for natural healing products.

"In May of 2009, God gave me the answer through my dear friend, Mr. E. Johnson, who researched natural cancer cures for

> me. He discovered and introduced to me KANGEN 'LIVING' WATER, used in Japan for over 35 years and now available in the USA! I purchased an Enagic 'Kangen' Ionizer (the missing piece to the natural healing puzzle that I was looking for).
>
> "Within 48 hours after drinking the Kangen Water, my mouth sores were totally gone and for the first time I could eat and drink by mouth. The doctors were in awe of my progress and thus stopped all my cancer drugs and treatments within 4 weeks because I was maintaining my health with Kangen Water.
>
> "Since then, I have gained 20 pounds and my energy level is almost back to normal. On December 31, 2009, I received a call from my doctor to tell me that I was CANCER FREE! No more cancer in my lymph nodes, my throat, or my tongue.
>
> "From 3 months to live…to cancer free. I believe in Kangen Water more than anything else. It has aided in my recovery and I will drink it every day for the rest of my life. It works for me. I am Living Proof."
>
> B. Powers – Throat Cancer

Author's Note: I talked to Mr. Powers in late 2018. He's still going strong and cancer free.

The following is an excerpt from the November, 2012, edition of the *"Rocky Mountain Christian,"* page 7, in the article, "God's Apricot Seeds."

> "In the October issue of the *"Rocky Mountain Christian,"* an announcement was made about the Rog family and their struggles. Sandy Rog, wife and mother, was diagnosed with stage four, T-cell Lymphoma back in November, 2010.
>
> "Despite aggressive treatments over the past two years, Sandy was told she had four new tumors, including one that was found in

her pelvic bone. Naturally, the doctor wanted to do more chemo, following the radiation she'd already had. Sandi was discouraged by what the doctor had to offer, so she chose not to follow any more conventional treatments. Because of that decision, her oncologist talked of the medications she might want to use to ease her last days.

"However, Sandi was still fighting, and she shared with her doctor that she was going to take a vitamin called B17. This oncologist was the head of the cancer ward at the Colorado University Hospital and said he was familiar with B17, and he was willing to monitor her on this treatment plan she chose for herself.

"Back in December, 2011, when Sandi was previously taking B17, she'd gone into remission, but shortly thereafter, she quit taking it because of the 'cyanide scare.' Cyanide is in B17. After discovering that B17 is a concentrated form of apricot seeds, she learned that it isn't dangerous if taken in the appropriate doses. B17 is also found in the seeds of apples, peaches, nectarines, cherries, and in bitter almonds.

"After eight weeks of taking 500 mg twice a day, the B17 wiped out all five tumors and Sandi Rog is now cancer free."

Ladies and Gentlemen, the data for the efficacy of Laetrile (amygdalin or vitamin B17) is now legion. It works – and the studies, testimonies, and science prove it beyond any doubt. Because of this, it had to be banned by the FDA. Don't forget, cancer "cures" are illegal in the United States, unless claimed by allopathic medicine. In most instances, one has to go to Mexico for laetrile.

Sandy Rog via *"Rocky Mountain Christian"*

"My mother, Yeung Sau Yung, age 78, was diagnosed with stage 4 breast cancer in 2011 after a biopsy and MRI in Hong Kong QE Hospital. The oncologist proposed an immediate mastectomy to remove her right breast with tumors and thereafter continue treatment with chemotherapy and radiation. Oncologists had given my mother 3-6 months to live, without any medical treatment. Knowing the negative effects of chemo and radiation therapies, my mother decided not to follow that medical treatment but instead began following AACI's number one protocol of drinking Kangen water. The only medical issue she has experienced is a localized wound where the tumor is located. Due to her advanced age, the hospital provided a nurse to clean and dress her breast wound with strong Kangen acidic water (2.5 pH) three times per week.

"With the wonderful Grace of God, six years later on October 24, 2017, the oncologist at QE Hospital declared that my mother, now age 84, was free of cancer as her breast wound with tumor had completely dried up and reduced in size. The oncologist concluded that all cancer cells were dead."

Jun Leung, AACI Ambassador, SE Asia

Author's Note: Radiation and chemotherapy on a 78-year old woman with terminal cancer? Folks, even the suggestion should be punishable with jail time. It would only have given this elderly woman a very poor quality of life for the time that would have remained.

"My name is Suzanne Scherr Steger. I am 56 years old. I was surprised to get life changing results in recovering from cancer and chemotherapy as a result of taking the Reliv™ shakes.

"In January of 1998, I was diagnosed with aggressive breast cancer; the cancer had metastasized to the lymph nodes and was growing at a proliferation rate of 39% (17-19% is considered a fast-growing cancer). I had seen my mother and her mother go through breast cancer, chemo, and radiation, and I did not want more than one experience of breast cancer. So, I chose to have a double mastectomy followed by six months of experimental chemotherapy.

"Chemotherapy put me into an immediate and permanent state of menopause at age forty-four. I started shrinking due to massive bone density loss. I lost all of my hair, and I was in and out of the emergency room at the hospital so much that our family went to live with another family for 13 weeks. My blood counts had always been bad (I was chronically anemic) but during chemo, I had to have a shot of Neupogen every day to stimulate my bone marrow to produce good blood.

"In August, 1999, my doctor and I were in an open argument about my refusal to start on hormone replacement therapy. I had shrunk over an inch in the previous 12 months and had 17 prescriptions, which I could renew without his permission at the local pharmacy. He believed that the hormone replacement therapy would handle the depression, the panic attacks, and the loss of bone density. I believed that all of the prescription drugs were shortening my life, not to mention affecting the quality of life for me. I was in pain all of the time, due to residual effects of chemotherapy, as well as the more recent slipped disks in my back. I wore a neck brace and could not stand up for more than a few minutes at a time.

"I began taking the Reliv™ shakes on October 15, 1999. For three months I took two scoops of Classic, a half a scoop of Innergize, and a full scoop of FibRestore, three times a day. For the next six weeks I added ProVantage and Soy Sentials and took as many shakes as I could swallow. In less than five months I was off of all medications. In my first month of taking the shakes, my life-long struggle with constipation ended and I began to feel some emotional strength returning.

"After four months of taking the shakes, I had my regularly-scheduled oncology visit. My blood counts were perfect and my oncologist encouraged me to keep doing whatever it was that I was doing. He said that he could not have told from my blood work that I had ever been sick. At six months, my chronically low blood pressure and tunnel vision went away. At twelve months, a bone density scan proved that my 47-year-old bones had the density of a 30-year-old woman."

Suzanne Steger – Breast Cancer

Author's Note: Suzanne is doing well in 2019 and is in China as a missionary. Twenty-one years after her original diagnosis she is still using the Reliv™ products and takes many suitcases filled with this supplement every year to those she works with in China.

"My 53-year-old brother, Peter, was diagnosed with late stage, advanced colon cancer with an enormous tumor in his sigmoid colon. He underwent surgery for removal and resection but accepted no other conventional treatment. Instead, Peter chose a natural diet with large daily amounts of 9.5 pH, high alkaline Kangen Water as his treatment of choice. On July 4th, 2012, less than three months after his original diagnosis and surgery, he was declared cancer free and continues to drink Kangen Water. To this day, almost 9 years later, he is living without cancer and his colon remains healthy. He is living proof that the right diet and Kangen Water have the power necessary to heal and activate the immune system so that it can heal the body."

John L., Kota Kinabalu, Malaysia

"My name is Greg Hainer. I live in Dodge City, Kansas, where I'm employed as a plumber and operate a small family farm.

"In June of 2003, I was diagnosed with colo-rectal cancer. During the surgery to remove that tumor, it was discovered that the cancer had spread and was at stage four; they found several tumors on my liver and cancer in my lymphatic system.

"My first visit with the oncologist was unquestionably the most difficult day of my life. The doctor told me that the only thing he could do at that point was to treat me with chemotherapy in hopes of slowing the cancer down, but he made it very clear to me that it was only a matter of time before the side effects of those drugs would force them to stop the treatments and that there would be nothing more they could do for me. With a wife and two young daughters at home, I think the hardest thing to accept was that I would not be there for my family and live long enough to watch my girls grow up. Just a few days later, I was told about the Reliv™ nutrition and, out of desperation, I began taking the products, although my doctor strongly advised against it.

"Three months after starting chemotherapy and taking my first Reliv™ shake, CT scans were done to see if there were any changes in the tumors on my liver. Amazingly, they could not find any cancer in my body. My doctor could not believe this had happened and even today, almost seven years later, he still cannot explain why the cancer was gone so quickly and why it has never returned.

"There is no doubt in my mind that through answered prayer and superior nutritional products, my body was able to not only overcome the cancer but continues to keep it from returning.

"The greatest gift of all came just a few years later when I was able to watch our oldest daughter walk across the stage and receive her high school diploma. I was there when our youngest daughter graduated from the 8th grade and entered high school. And now I have the opportunity to share this incredible sense of hope with so many people. What a gift I have been given."

Greg Hainer – Metastatic Colon Cancer

Author's Note: Greg is thriving in 2019, 16 years post diagnosis.

"My name is Dena Guidice and I want to share with you how Transfer Factor™ has saved my life. In November of 1998, I was diagnosed with lung cancer. At that time, my team of doctors recommended that the best course of treatment for my cancer would be to perform radiation and chemotherapy simultaneously. I got started with both treatments immediately and was given the highest dosages of treatment possible. Over the next 90 days, I suffered from all of the normal side effects including weakness, vomiting, hair loss and severe weight loss. My radiation and chemo treatments ended late February, 1999.

"On March 25th, 1999, I went in for surgery (as planned), and the doctors removed a tumor from my right lung along with the top 1/3 of my lung and three sections of my ribs. The surgery went very well, and the doctors believed that they had successfully removed all of the cancer from my body. After my surgery, I went through an additional 12 weeks of chemotherapy from May to July, 1999, as a "safety measure." It was during this time that my body became so weak that all I could do was sleep and lie in bed all day. I lost all of my hair at this point and my fingernails and teeth became so brittle that I started to lose them as well. I lost my appetite completely and got to the point where I weighed only 88 pounds.

"Even as sick as I was in the summer, I was still hopeful that by fall I would get stronger after the chemotherapy was out of my system. My hope was short lived, however. In August, I found a lump under my left arm. After another surgery to remove that tumor, the tests confirmed that I had malignant lymphatic cancer (cancer of the lymph nodes) and that the cancer was all over my whole body. At that point in time, my team of doctors told me there was nothing they could do for me. I had Stage 4 (final stage) cancer and I had a maximum of 4 to 6 months to live. They told me to do everything I've always wanted to do in life within the next 45-60 days because, after that, I would be much too weak and too sick to do anything whatsoever. By this time, I was convinced that I was going to die – especially since the doctors had never seen a person live beyond 8 months – in my condition with my kind of cancer.

"At this point, I shared the devastating news with my kids, and we all took a trip to Hawaii. In my own mind, I knew that this would be my 'farewell trip.' I had given up every ounce of hope, and I had mentally prepared myself to die. It was at this time (1st week in October) that my son finally convinced me to start taking Transfer Factor™. In my mind, I was 100% convinced that it wouldn't do anything for me but, nonetheless, I started taking six Transfer Factor Plus™ and six regular Transfer Factor™ capsules every day. Within 30 days, I started to feel a little stronger and regained my appetite, but I still believed in my mind that my life was soon to be over. I kept taking the product. By January, 2000, about 90 days after starting on Transfer Factor™, I found myself even stronger and had gained back 7 pounds.

"I continued taking Transfer Factor™ every day. It's now been 7 months since I started taking Transfer Factor™ (May, 2000). I've now gained a total of 26 pounds and I feel healthier than I've felt in over 2 years. I just went to see my doctor 2 weeks ago and he said that, 'I'm a living Miracle' and that I have no signs of cancer. Transfer Factor™ has not only saved my life, it has given me hope for tomorrow and the years ahead."

Dena Guidice – Metastatic Lung Cancer

"When I was only 27, I received the terrifying news that I had Hodgkin's Disease. I was devastated. The tumor in my chest cavity was so large that it completely filled my entire rib cage. I began on chemotherapy. At that time, my immune system was down to 2000 points. I had a friend who I knew could help me with nutrition. Mike recommended several supplements to strengthen my immune system. Then, Mike introduced me to transfer factors and I began to take 12 a day.

"Much to my doctor's surprise, my immune system began to go up. In fact, it went all the way BACK up to 7200. The doctors said that they had never, ever seen anyone's immune system go UP during chemotherapy. Well, then the chemotherapy began to fry, literally fry my lungs, so they had to discontinue it. Amazingly, while off of the chemo, and on the transfer factors, my tumor continued to shrink. Again, the doctors were shocked, but I went ahead and took radiation with my immune system staying up!! Now I am taking transfer factors and enhanced transfer factors. My tumor is completely GONE, and I am 30 years old. I have been free of cancer for over 10 months. This is not just a necessary product for everyone; it is something I will never be without."

Ann L. – Hodgkin's Lymphoma

"Initially, Kenny had a regular headache. The doctor did an MRI scan in February of 2016 at Rejang Medical Centre in Sibu, Malaysia and detected two tumors in his brain. We were shocked with this traumatic news; as parents, it's like the end of the world. The doctor concluded that surgery was not an option because of the position and the size of the tumors. Chemotherapy was suggested. After consulting my business partner, Chin, he quickly arranged contact with AACI Ambassadors in SE Asia. They asked me to read *Killing Cancer – Not People*. We were advised to follow

Bob Wright's AACI protocols, including the right diet – Kenny followed a strictly alkaline diet and became vegetarian; the right fluids – significant amounts of Kangen Water daily; the right supplements – UKON turmeric, moringa seeds, juicing, and four, double scoop Reliv 'Now' shakes per day; the right detox – organic coffee enemas 2-3 times per day; and exercise – daily walking for 20 minutes to sweat with frequent deep breathing.

"After four months (April-July, 2016) of following the 5-Step AACI Protocols, the tumors were diagnosed as 'gone' – by the same doctor who had diagnosed Kenny – through an MRI scan report dated July 12, 2016. Doctors kept saying it was a miracle. Of 10,000 previous cases, this is the only one where the patient was totally cleared of tumors WITHOUT any medical treatment. We are so happy and grateful to my business partner Chin, AACI South East Asia Ambassadors John Lim and Jun Leung, and Bob Wright of the AACI/IWARC for this 'miracle' of natural healing and their prayers. Without reading Bob Wright's book, *Killing Cancer – Not People* and support from the AACI/IWARC, my son would have ended up taking chemotherapy. We cannot imagine what would have happened next!"

Dennis Kong, Kenny's Dad, Sibu, Sarawak, Malaysia

Author's Note: I met with Dennis and Kenny Kong in late March, 2018, in Kuala Lumpur, Malaysia. Kenny was well and prospering and beaming ear to ear the whole time! Friends, this is why I do this.

"My breast cancer journey: I went to Holy Grail Cancer Care in Cancun with a huge tumor in danger of invading my lung. I was declined by a well-known cancer treatment center. This was after they refused me surgery unless I agreed to chemo first to try to shrink it. I received treatment at Holy Grail for a little over 3 weeks. At first, I was discouraged. There was no size reduction.

But when I got my scan, it showed the tumor was no longer 'hot' and had apparently reverted to scar tissue. I later learned that this is a common consequence of DMSO treatment, which is the formula base they use at this cancer care facility."

JW – New Orleans, LA

"I am Jean Kozlowski. I live in Florida with my Husband. I am 82 years young. I have always been healthy and energetic. You never know what is going on inside of your body. I went for my yearly check-up in 2015 and found out that I had early stage uterine cancer. I was shocked but not afraid. It was early October I was diagnosed. The doctor scheduled me to have my uterus removed in 4 weeks with a hysterectomy. This delay allowed me time to flood my body with Reliv nutrition and LunaRich X.

"The reason I wasn't afraid was because I was already helping a lady with late stage uterine cancer. She had a cancerous tumor in her uterus. She could not be operated on because of health problems and she did not take chemo. She did radiation which gave her terrible side-effects and did not get rid of her cancer. Doctors did not give her much hope. She said she had nothing to lose, so she started taking the Reliv products. Months later at one of her appointments with the doctor, he checked the results several times and could not believe her cancer was gone.

"So, you can see why I believed I would be O.K. after being diagnosed with cancer. They got all my cancer and it did not spread to the lymph glands. I go to the Mayo Clinic every year for a check-up and always get good results. My friend continues to get good results and, of course, we still use the Reliv products."

Jean Kozlowski – Florida

"We took our son to Holy Grail in Cancun for treatment of his brain tumor (glioblastoma multiforme) over 8 months ago. We found out on social media that a relative's neighbor had recovered from the same diagnosis – against all odds – and that the treatment that saved her had been persecuted out of the United States. It has now been months since our son's scans showed his brain tumor resolved. Remission seems to be holding."

C.L. – Maine

"My father was about 45 years old when he was diagnosed with eczema by his physician. He was treated with a skin cream and told to just keep the area dry. However, after several months the affected area increased in size and the doctor recommended he use a heat light to help treat the condition.

"After several years, the symptoms slowly became worse with open areas that had drainage. The location involved was a large region around his waist. He changed doctors several times trying to find someone that could heal his skin condition.

"My mother was a practicing health nutritionist, self-educated. She was always encouraging us to eat plenty of fruits and vegetables. I encouraged my father to get another opinion after showing me the diseased area that now had a strong odor – indicating to me that it was probably cancer. The doctor then admitted my father immediately to a hospital in Chicago. The blood work showed that my father had advanced cancer and was treated with radiation.

"My mother would brew herb teas and bring them to him at the hospital. The herbs she used were Red Clover, Chaparral, Devil's Claw and Burdock Root. The results amazed the doctors and especially the head of dermatology. His doctor would ask him each day what he was doing. My father was uncomfortable telling him that his wife came each morning with a thermos full of tea. The doctor came in a few days later and told my father that it was not what they were doing – but something else that was healing him. His skin became as a 'newborn's skin' that 'they could not credit to the results of radiation.' The head of the department told my father that it was what he (my father) was doing that healed his cancer. My father also took large doses of vitamin C and vitamin E with selenium daily.

"Before my father was discharged from the hospital about a week later, blood work showed that he did not have one cancer cell in his blood. He continued to live a healthy and active life and never had a recurrence of cancer."

Holly Swardstrom, R.N., Washington

"In 2013 I was diagnosed with late stage uterine cancer. Doctors at Vanderbilt University Hospital diagnosed me with an 11cm tumor. I was told to do either chemo or radiation and elected to do 6 weeks of radiation. I developed Radiation Fatigue Syndrome after a few weeks and after all treatments my tumor was reduced to 9cm. I could not walk, my hemoglobin levels dropped, and my legs were swollen from fluid retention. I was deemed inoperable due to high blood pressure, thyroid issues, and allergies to drugs. Doctors expected the cancer to spread quickly.

"I heard about Reliv from a friend who suggested how it may help. I took five shakes per day with 12 LunaRich X capsules and started feeling better within 3 weeks. My hemoglobin went up from 8.2 to 12.4, I started walking again and had better energy and better sleep. Doctors at Vanderbilt University Hospital have performed repeated scans showing no cancer cells."

Barb G., Crossville, Tennessee

"In 2001, I was diagnosed with Hodgkin's Lymphoma while expecting my third child. I went through treatments (chemo and radiation) and I thank God that my baby was born healthy – five weeks prematurely. I was in excruciating pain 24 hours a day from the side effects of the treatments which caused many additional health problems, such as difficulty breathing because of severe damage caused to my lungs, hot flashes, heart palpitations, headaches, chest pains, and pain in my muscles, legs, and feet. They killed my thyroid with radiation treatments, so I was put on Synthroid medication. I was finally able to stop taking this drug and have now, thankfully, been off of it for six years. In the beginning, the doctors told me not to take Reliv because its soy ingredients would react to the Synthroid – but now they tell me not to go off of it because it's helped stimulate my thyroid to make it work again.

"In January, 2003, I had a CT scan and they found spots on my lungs again. My husband and I prayed for a miracle. That's when I was introduced to Reliv. I was desperate for anything by this point and I'd already tried many vitamins from health food stores, many different supplements, and was still weak with no improvements to show from these products. Reliv became the answer to our prayers.

"In March of 2003, I started taking the basic nutritional supplements offered by Reliv and noticed an improvement almost immediately. I had more energy and stamina right away. In two weeks I was pain free and slept the whole night through – which was a first in a long time. I had undergone one carpal tunnel operation because of side effects from my previous treatments and was scheduled for the second one but – thankfully – didn't end up needing it. Things finally started looking up and within three months the cancer was in remission.

"I was diagnosed with breast cancer in April of 2007, when I became so busy with moving and family that I slacked off on my nutritional shakes. The doctors had originally told me that the Hodgkin's Lymphoma treatments would eventually be followed by breast cancer and that it would be stage four within four weeks of diagnosis. I immediately started taking more and more Reliv shakes and discovered at the four-week check-up that the cancer had shrunk in half. Six weeks later they gave me the good news that it had shrunk in half again and the lesions around the tumor were 75%-80% gone or invisible. The doctor was shocked but still kept insisting on surgical methods. Instead, I did check-ups every two months until it had all shrunk away."

Deborah Weaver – Grottoes, Virginia

Author's Note: Deborah is still taking Reliv and doing great in 2019.

"My mom had stage 3 lung cancer. I started her on Kannaway vapes and we are using the premium gold applicator three times a day and the premium hemp applicator twice a day. She would have been gone if not for the Kannaway products. It is no longer in the lymph nodes and the tumor has shrunk. She is still hanging on. This has given her another year so far. I've had two skin cancers in nine months and pre-cancer all over my face. I started taking CBD oil in late January. I had two more biopsies a few weeks ago and they were only pre-cancer. Can't claim anything, but CBD is the only difference."

Cheryl Z.

In early 2011, when Kathy was in for a chiropractic adjustment, she let the doctor know that she probably wouldn't be coming much longer because she was recently diagnosed with inoperable lung cancer and given less than 90 days to live. The doctor said that he wished she would have mentioned this earlier and asked her if she had ever heard of drinking alkaline water for health. She had not – but she started on the water immediately.

She said, "Give me the strongest stuff you've got and I'll drink it." She drank a gallon a day of 11.5 pH ionized water then returned to her oncologist 2 months later. He told her that her cancer had diminished by 93%! Obviously, she continued to drink the water for full recovery.

About this time, she received a call from her son in Sacramento, CA, who said that he had been diagnosed with Hodgkin's Lymphoma and had just been released from the hospital. There was no more they could do for him. His disease was terminal and he didn't have long to live.

Kathy packed up her water machine and flew to Sacramento where she told her son that he would be drinking a gallon of this water a day – just like she did.

After about a month, he was back to work and feeling great. At 9 weeks, he went back to the doctor for a check-up and they were somewhat surprised to see him still alive. After they checked him out, they said that he was cancer-free. Of course, they both still drink the Kangen Water every day.

Author's Note: Kathy is not the woman's real name. However, I do know her real name and verified the above story through three different witnesses; her husband, her doctor, and a third party. Beyond any doubt, it is astonishing but true.

Just one more – please. You have seen a lot of testimonies herein from people who have used ionized water, specifically, Kangen Water, hoping that it would help with their cancers. I'm thinking that, by now, you have caught the drift of why this is so. Steeped in alkalinity, oxygen, anti-oxidant capacity, extreme hydration capability – and, pure science, is it any wonder that cancer (and all disease) has a tendency to flee bodies that become flooded with this liquid? Listen to this:

> "I had pancreatic cancer for a year and a half and used chemotherapy and diet trying to stop it. I lost a lot of weight and tried everything the doctors gave to me. When I heard about Kangen Water, I did not want to try it because the doctors said I had only a few months to live. There would be no sense in starting some other protocol with such a short time to go. Nevertheless, I was convinced to try the Kangen Water and within a month the cancer numbers had stopped rising and I felt so much better. My cancer numbers started going down and within 4 months I was declared cancer-free. The doctors could not explain why the cancer had gone away but said for sure it couldn't be the water. At 6 months of drinking the Kangen Water, my cancer count number was measured at '3', and now 9 months after that I am still registering at three or below. I am so appreciative to have found out about Kangen Water. I believe it has saved by life."
>
> Carrie B., Seattle, WA (name changed)

Did you catch that the last two testimonials involved pancreatic cancer (always fatal with conventional medicine), and lung cancer (almost always fatal)? From the "worst of the worst" to the "best of the best." Who would have thought?

The following three powerful testimonies are from individuals who have been through integrative cancer therapy at the *Hope4Cancer Treatment Centers* in Mexico:

Aaron Robinson (Stage IV Glioblastoma multiforme): A sudden and violent seizure in December, 2015, alerted Aaron's wife, Jennifer, that something was terribly wrong with him. Imaging studies revealed two golf ball-sized masses in the left frontal and left parietal lobes of his brain. The success of the risky surgical procedure was immediately eclipsed by a grim biopsy report that revealed the dreaded diagnosis of Stage IV Glioblastoma multiforme. This aggressive cancer has an average survival time of 12-18 months and a 5-year survival rate of just 5%, which is why it is statistically unlikely to ever encounter a glioblastoma "survivor."

Aaron and Jennifer knew that the toxic conventional therapies he was being offered were, at best, palliative in nature. Convinced that a miracle was indeed possible, the young family searched for non-toxic alternatives. As they researched their options, Ty Bollinger's *Truth About Cancer* docu-series led them to Dr. Tony Jimenez's Hope4Cancer Treatment Centers in Mexico. Using a treatment protocol based on the *7 Key Principles of Cancer Therapy*™, Aaron received treatments that were able to successfully cross the blood-brain barrier to directly treat tumors, while resolving the underlying causes of the disease.

Now three years past his initial diagnosis, Aaron's cancer has remained remarkably stable. His awestruck doctors have progressively downgraded his cancer from Stage IV to Stage II. He has continued his Hope4Cancer treatments at home and follows up with his medical team in Mexico regularly. He has been able to enjoy a good quality of life with his wife and two young children and looks forward to continuing that journey.

Says Jennifer, "We have been able to dream of the future again. We are no longer afraid of 'life-threatening illness' like we once were. We are in touch with our mortality, our dependence on our Good Father, and we are able to live one day at a time – with light hearts and lots of laughter. We are learning to see every moment as a Miracle, and we no longer want to take any of them for granted."

Lisa Engelman (Stage III Follicular Non-Hodgkin's Lymphoma): In 2013, Lisa's life was turned upside down by an "incurable" cancer diagnosis of Stage III follicular non-Hodgkin's lymphoma. As a family with four young children – one of them a newborn and the oldest just five years old – Lisa and her husband, Steve, had everything to lose. Statistics showed her diagnosis type to have a reasonably high average 5-year survival rate (71%) compared to other cancers. However, Lisa's case was relatively advanced, and with the probability of chemotherapy working for her at a meager 3%, her prognosis was poor.

Following a year of unsuccessful conventional therapies, Lisa realized that she needed to look elsewhere for a solution. She heard about Hope4Cancer Treatments Centers in Mexico through an email and, on review, decided that it was the place she needed to go. Her older son, at that time 7 years old, decided to open a lemonade stand to raise funds for her treatment. Through his sales and the media publicity raised by his brave entrepreneurship, Lisa was able to raise sufficient funds for her further treatment.

Says Lisa, "Hope4Cancer became my family. I went in fully believing I was in the right place, that Jesus had brought me here…Everyday held hope, purpose, and new beginnings." Lisa's extensive treatment protocol included Sono-Photo Dynamic Therapy, hyperthermia, coffee enemas, intravenous laetrile, near infrared sauna, and ozone therapy, among others. At the time of this writing, six years have passed since Lisa's initial diagnosis and four years since she started her Hope4Cancer treatment regimen. Lisa's cancer has been in remission with no signs of recurrence. She is able to live her life on her terms and care for her beautiful family.

Lisa no longer finds cancer to be synonymous with death; in fact, this experience has given her a new perspective on life. "Life is a gift," she says. "Not just the years, but the minutes. I breathe more deeply and carry less heartache inside. I do not see my days as boxes to be filled on a calendar, but days to keep flexible, to be fully present in each moment. Life is not supposed to be lived in a hurry and I'm grateful to Jesus for teaching me that while my kids were so little."

By embracing her challenge and turning it into a transformative force for herself and those around her, Lisa has become an example for anyone facing the despair of a cancer diagnosis. You can read more about her journey as a cancer survivor in her book, *My Medical Director: Navigating Cancer's Storms.*

Rivi Litvin (Stage IV Bile Duct/Pancreatic Cancer): In September, 2012, Rivi was diagnosed with bile duct/pancreatic cancer at a major Los Angeles hospital. The doctors felt the disease was localized enough to do a Whipple surgery, which they did – removing her gallbladder and parts of her pancreas, liver, and duodenum. However, just four months later, Rivi's cancer was back and upgraded to Stage IV when imaging revealed lesions in her liver. With a 5-year survival rate of less than 3% for this stage of disease, Rivi knew that she had to look beyond the conventional treatment options that were being offered to her.

After extensive research, Rivi found herself, with her daughter Tova, headed to Mexico to visit alternative cancer treatment centers. After speaking with Dr. Tony Jimenez, she knew that Hope4Cancer Treatment Centers was the right place for her. Rivi went through an extensive and rigorous 3-week treatment protocol that included treatments such as Sono-Photo Dynamic Therapy, hyperthermia, oncolytic virotherapy, and others based on the *7 Key Principles of Cancer Therapy.* As her treatment progressed, her high-resolution color Doppler ultrasound scans showed a continual decrease in blood supply to her lesions. About a year after her diagnosis, in September, 2013, she returned to her Los Angeles hospital. Her doctors were surprised, not so much by what they saw in the MRI report, but by what they did not. There was simply no trace of cancer left in her body.

Rivi has now been cancer-free for over five years. Year after year, her MRI scans have come back clear without any evidence of disease. For those who do not understand the potential of non-toxic integrative medicine, the odds she has beaten cannot be explained by anything short of a miracle.

This concludes the three testimonials from Hope4Cancer.

"I was first diagnosed with prostate cancer, 2nd Stage, in February of 2018. I was in shock and felt a lot of numbness, confusion and sadness. Telling my wife, daughters, parents and the rest of my family, including my parents, was very difficult and painful. The first weekend of the news, my wife Caroline and I got away for the weekend to reflect and research on the next steps. We watched videos related to cancer cure and spoke to friends in the health and wellness camp who suggested some of the initial things we should do – like a diet change and drinking the proper water. One book that was recommended to me was *Killing Cancer – Not People* by Bob Wright of the American Anti-Cancer Institute. The videos on the 'Truth About Cancer' by Ty Bollinger and this book opened my eyes to the option of fighting the cancer in a holistic manner. Up to this point I had been under the care of urologists and oncologists from both U.C.L.A. and City of Hope Clinic in West Covina, CA. All of these medical professionals prescribed surgery (removal of the prostate gland), radiation, and hormone therapy, and they suggested that I do it immediately. I had also looked into proton therapy but the cost involved discouraged me from pursuing this option.

"It was about this time that I was fortunate enough to communicate with Bob Wright by email and, eventually, he agreed to call me and give me an hour of coaching over the phone. He introduced me to 'Epigenetics' and my hope shot through the roof! He explained to me this concept – and it made a lot of sense. I was to create an environment of wellness that would reverse my condition and I was not destined to succumb to this disease. I was empowered by his words and I immediately decided to embrace a seven-step protocol: 1) Plant-based diet, 2) Alkaline water, 3) Stress/sleep management, 4) Detoxification, 5) Exercise, 6) Supplements, 7) Emotional/Spiritual balance. I bought Bob's book and read through it – and it became my manual for resources to combat my cancer.

"In April of 2018, I was faced with a trip to the Philippines and I was not sure how I would manage my protocol – especially my meals. At this time Bob recommended I take with me the Reliv Products and that I would be okay if I took them along with me. I also began to take the 'Luna Rich' capsules and the 'Now' nutrition shakes. I am currently taking 12 capsules daily along with 3 shakes. Bob introduced me to Dave Zuro from 'Reliv' and he became an advocate for my healing journey and provided me with encouragement and valuable resources to be intelligently informed. It was in the Philippines that my wife said to me, 'This is it, you are going to Hope4Cancer in Baja California, Mexico. If we have to sell our house – then so be it. You are going.' This was one of the recommended clinics in Bob Wright's book, and it made sense to introduce to my body some other treatments that they would provide – such as high doses of vitamin C, vitamin B-17 intravenously, hyperbaric oxygen chamber, Sono-light therapy, and their 'Sunivera immunotherapy program.' I spent three weeks at the clinic, and I am now in my eighth month as a patient under the home treatment program which lasts one year.

"My progress has been amazing as confirmed by the various tests I have undergone in the last few months both at Hope4Cancer and the City of Hope clinic. Dr. Delafuente at H4C said, 'you have had some significant changes' during my last visit in October 2018, and my oncologist at City of Hope, Dr. Cary Presant, said on December 2nd during my last check-up, 'Perfect,' referring to the findings in my blood and lab work. My cholesterol has dropped to 200 from 320, I no longer have high blood pressure, all of my asthma and allergy symptoms are gone, my RBC and WBC counts are normal, and my PSA numbers have decreased continually since I started my holistic treatment. The doctor felt very confident that there had been no tumor increase and he stated that the prostate was back to its normal size with no new blood vessels being formed. His last words of affirmation to me were, 'Keep up the good work, you are doing very good.'

"I remain hopeful for the future as supernatural hope has sustained me in this journey, even in the face of human hopelessness and weakness. My trust has been in Him, and from the beginning I did not ask, 'why?' – but rather, 'what?', what do you want me to do? This trust has given me strength and the determination to succeed. I expect no less from Him, without a doubt I believe I am cancer free."

Dr. Jose Fernandez, Jr., DMin. – Prostate Cancer

"I am a 58-year old married mother of seven children. I don't smoke or drink, have consumed a lot of vitamins, and have been very conscientious of eating a good diet to reduce my risk of cancer as it runs in my husband's family. In late June of 2015, I discovered a rather large lump under my left armpit – 2.5cm X 3cm. I was diagnosed with triple negative, metastatic Stage IIB breast cancer. One lymph node was biopsied positive. This particular type of cancer is very aggressive and extremely rare. One percent of all breast cancers are this type and there really isn't a good protocol of chemo that is effective. With this type of cancer, the research will tell you it is typically chemo-resistant 90% of the time.

"I was quickly hustled into a very aggressive chemo protocol. I was not encouraged by my oncologist team to change my diet or do anything different nutritionally. My hair fell out within two weeks and nausea was a constant issue. I realized very quickly that this was going to be a difficult journey. During my 2nd week of chemo, I was startled to find out that the tumor had actually gotten bigger by almost 25%. I brought that to my oncologist's attention before my next treatment began and she stated, very matter-of-factly, that if after my third treatment the tumor had

> not reduced in size, we would have to re-consult with my surgeon immediately. I had to sign releases stating I understood the chemo could possibly kill me – or cause cancer somewhere else in me. The National Institutes of Health (NIH) calls my cancer type 'the kiss of death.'
>
> "I had no choice at that point but to assume my cancer was chemo resistant and not responding. At that time, I was introduced to Reliv products and Lunasin. I started taking these aggressively and, when I went to my third chemo treatment two weeks later, the tumor had actually gotten smaller. I did not throw-up once during my 5 months of treatment. I did not have a single mouth lesion. I did not lose any weight. I did not have one hospital stay. By the time I got to the end of my five months of treatment I could no longer detect any tumor at all by touch. I had surgery to remove some tissue. The surgeon discussed with my family (as I was in recovery) that there was no evidence of a tumor in the region. The pathology showed zero cancer cells!"
>
> Lisa Clark Wentzville, MO – Breast Cancer

Last – but certainly not least – is the story of little Ryder Sternagel. Misdiagnosed at first, then ultimately diagnosed with neuroblastoma, Ryder had a tumor larger than his kidney growing inside and outside of his spinal canal and two secondary tumors, all of which had metastasized into his bones. Folks, all of these we have seen in children are fatal with conventional medicine. Ryder's parents, Ryan and Teddy, commenced on a journey that continues yet today – four and a half years later (Ryder was diagnosed just a week or so prior to his first birthday). This is a rich story of what dedicated parents will do to save their child – which is anything and everything.

From firing their doctors to moving to another state rather than seeing their child "treated" to death with allopathic measures that really had no chance to heal him, Ryan and Teddy used all of their savings and invested in a quest to find the natural mediums that would help to save Ryder's life. I worked with them in the early stages of this journey and they researched everything they possibly could – turned over every rock, and tried many, many supplements and protocols that looked promising. They never gave up.

Today, at the time of this writing (2019), Ryder is thriving. Sure, there are still challenges, but the family rises up in the face of these and finds a way around and through them. It is important that you know this story – in its entirety – especially if you have a child with cancer or know someone who does. Cancer is the number one killer of our children (by disease) today – and it absolutely should not be. I am literally overflowing with what I call righteous anger when I think about how this is happening in our world today when we really do have the solutions. The Sternagels are bucking the odds by doing what they now know to be true with their son.

And now, they want to share with you – and everyone – how they have done it, how it works, and why it works. They will help coach those interested in healthy lifestyle practices and the how-to's of health and healing for children. Friends, they have been there and done that (still doing) – and there is not a better source to go to when you are in similar circumstances to what they have gone through.

Please visit their website at www.thesternmethod.com and read the whole story about where they have been with this and what they did. This is not so much an indictment of conventional medicine as it is a story of hope – literally wrung from the tenants of natural medicine – and a journey steeped in doing the right things rather than being lulled by the dogma of the "normal" and "convenient."

I steadfastly believe that should all similar testimonies (as aforementioned) be catalogued into reference books, a small-town library would not hold them. We began this segment by referring to "empirical" evidence. It is defined *(Wikipedia)* as "evidence or research that derives its data by means of direct observation, experiment, or experience. Its results are based on actual evidence as opposed to theory or conjecture." In other words, it bases its explanations on what can be directly observed in a replicable or repeatable manner.

There are some who will disagree with me, no doubt, but I view the tens of thousands of healed bodies, through natural mechanisms, as "empirical evidence" of the efficacy of natural treatments. I can "directly observe it" – and I have – and the results of this "non-conventional" experiment are highly replicable and repeatable. Actually, as shown through epidemiological studies (previously mentioned), chemotherapy and radiation treatments produce empirical evidence, as well. Over 97% of the time, patients do not last for five years. And, this is proven evidence – with no theory or conjecture involved.

When it comes to cancer, you simply desire to be healed. You don't care (largely) how this process takes place; you just want it to happen. Now, if that is truly the case – and it should be – the ***proof***, the ***empirical evidence,*** the ***certifiable healing protocols,*** lie with natural/alternative medicine and treatments, not allopathy. And, that statement is nothing but plain, basic, irrefutable truth, based on fact. Take the myth, dogma, and misconception out of today's treatments for cancer and the effectivity is distilled down to "alternative" treatments alone. The argument should end right there.

When I originally finished this chapter, I received news from a friend about the death of a 32-year old female acquaintance from breast cancer. We ***can*** all agree that this is a tragic passing of a mother with two small children – both under four years of age. We ***must*** all agree that this ***has to stop***. Having received an "alternative" protocol that included the alkaline cancer diet and ionized water, her doctor bullied her into abandoning all of this, as it would interfere with her chemotherapy. Sadly, she didn't last long after that oral intervention.

Obviously, not all doctors participate in this type of behavior. Our appeal is that America's physicians will both take the time – and make the effort – to study and understand what God has told us and given to us to strengthen our immune systems and heal our bodies when they become sick or diseased. Doctors are smart people. We can only hope that one day (soon) the forest will become apparent to them through the trees. Our children's lives depend on it.

Note – all testimonies printed as received – with minor corrections for spelling and punctuation.

CHAPTER FOURTEEN

WHAT THE EXPERTS SAY: QUOTES ON CANCER

"To the cancer establishment, a cancer patient is a profit center. The actual clinical and scientific evidence does not support the claims of the cancer industry. Conventional cancer treatments are in place as the law of the land because they pay, not heal, the best. Decades of the politics-of-cancer-as-usual have kept you from knowing this and will continue to do so unless you wake up to their reality."

John Diamond, M.D. – Lee Cowden, M.D.

The certified experts (in my opinion) that are involved in real healing cancer therapies, are those who have a firm grip on – and unbiased understanding of – the cause and effect of this disease and how to, therefore, effectively treat it. Unfortunately (for you and me), most are not found in conventional doctor's offices and hospitals. Many have been driven from the ranks of board-certified physicians or ostracized by the very group that is supposed to support them in the healing of cancer patients.

Just what is it that this "alternative" group is telling Americans that has gotten them into so much trouble? What boundaries have they crossed (besides being driven out of the country to Mexico) – which rules have they broken? Why is what they are embracing being suppressed by the mainstream media and the FDA? Who are these heretics, anyway, and what are their crimes? I'm glad you asked.

It is beyond any doubt that these men and women, Ph.D.'s and M.D.'s, Naturopaths, Chiropractors and Holistic physicians, nurses, researchers and other alternative health practitioners, are guilty as sin. Against the seemingly wise counsel of conventional medicine, they have dared to use natural medicines, plant extracts, organic supplements, non-synthetic vitamins and minerals, vegan diets, herbs, ionized water, exercise, and many other *unapproved* (and *non-lethal*) methods in an attempt to heal cancer patients without the direct approval of the Food and Drug Administration and the American Medical Association.

How dare they! The nerve of these people – prescribing vitamins and minerals that haven't undergone clinical trials and, thus, remain "unproven." Shame on them! And, God Bless them.

While these people may have crossed the allopathic line, they are, in essence and truth, the ***last line of defense*** against a medical consortium that has run amok. Even as I write this, there is a bill in Congress (for the umpteenth time) to make all supplements come under the auspices of Pharmaceutical Companies as directed by our friendly Food and Drug Administration. Tell me, why should it be a crime to select and follow your own health care protocol? Why shouldn't I be allowed to make an attempt to heal my cancer using any means that ***I deem*** necessary? Why are doctors not permitted to offer what really works to heal their patients? After all, we've already confessed that doctors are smart people and we need good doctors. Why not allow them to select the treatments and therapies that do the most good for their clientele? Again, what ever happened to "first, do no harm?"

These are questions that beg to be answered. They also long for an adequate explanation of why a patient's right to treatment and a doctor's right to dispense it are not a "freedom" in a free society. What say you? Should it be so? Why can't Joe and Mary treat their five-year-old son who has cancer with diet, good water, and proper supplementation instead of being "forced" to produce him to the local cancer ward for surgery, chemotherapy, and radiation? Where's the choice? Where's this "medical freedom" that we're told we have?

I believe the answer lies within the unvarnished, well-grounded truth about what does – and what does not – work for cancer patients. But it goes deeper than that. Until, and unless, the American public comes to grips with the certain and genuine facts about cancer and its treatments, the status quo, representing the miserable failure that is our cancer industry, will continue. The promises of a "cure" will never be realized, but echoes of assurances concerning new technologies, genetic advancements, and better drugs will bounce off the walls of conventional academia and give "hope" to the masses where, in fact, there is none – when nothing ever changes.

No, until we are ready to call a spade a spade, to demand from the "powers that be" an actual solution to this real problem, to rise up and rage against the machine that is producing no answers to cancer, things will not change and we will continue our march through the doctor's offices, hospitals, and hospice care to the cemeteries and crematoriums that have claimed so many of us – so prematurely.

Only we can alter this state of affairs – and we must be educated and willing to do so. Seek the truth about cancer and what heals it – not what is convenient. That's exactly what the following people have done. They have collectively shouted, "Hey, wait a minute. Something's not right here." And, they have sought to make a difference for the sake of their friends, relatives, children, acquaintances, and their patients.

In my humble opinion, these are the real experts. Herein is a representation of those who saw that something was wrong and proceeded on a quest to find the real facts about cancer and what heals it. Many are doctors who discovered that traditional methods were not helping their patients. Some resolved their own cancer issues with "alternative" measures. Most believe that by doing the "same old things – you get the same old results." All know that cancer is healable, but surgery, chemotherapy, and radiation play little or no role in that process. You be the judge.

Dr. Julian Whitaker was the Director and Founder of the Whitaker Wellness Institute (recently closed down) and also the author of the *Whitaker Health and Healing Newsletter*. Following is a statement from his newsletter:

> "You must remember this. If you or a loved one ever faces the scourge of cancer, it is ***your*** life that is at stake, not your doctor's. It's up to you to take control of your own health."

In Dr. Whitaker's small pamphlet, *What I Would Do if I Had Cancer*, the Doctor continues with this:

> "Conventional treatment for cancer is based on a faulty paradigm – that the body must be purged of cancer by aggressive and toxic methods such as surgery, chemotherapy and radiation therapy. This seemed reasonable back in 1894 when William Halsted, M.D., did the first radical mastectomy, but it has proven to be so wrong over the last 50 years that continuing to adhere to it constitutes more fraud than honest mistake. Yet, this paradigm dominates conventional cancer therapy. Conventional cancer therapy is toxic and dehumanizing, and it doesn't work. If it did, we wouldn't fear cancer. But people rush into these therapies that don't work because they are too scared to do anything else."

Dr. Bruce West is the founder of Health Alert/Immune Systems, Inc., and the author of the *Health Alert* Newsletter. Health Alert has an advisory board of 10 Medical Doctors and 37 other medical experts from virtually every health field. Dr. West is said by his contemporaries to have treated and healed more heart patients than any other doctor, alive or dead. Here's what he says about cancer and its treatment:

> "Cancer is a **systemic** (throughout the body) disease, no matter what your doctor tells you. Telling patients, based on post-operation scans, that 'we got it all' is always a lie. Scans to predict if you are cancer-free are useless. Most cancers have been growing and spreading for 5 to 10 years before they are detected and diagnosed. Billions of cancer cells must be present to show up on any scan. Surgery, although often needed, can spread cancer. The word 'cure' in oncology (cancer care) circles has up to fifty different definitions. The only real cure is the one where you live long enough to die from something other than cancer. These survivors are strong, and most utilize a protocol to treat cancer **everywhere** in their body, rather than relying solely on local surgery, local radiation, and/or chemotherapy."

Dr. Philip Binzel, M.D., was a small-town doctor and a graduate of St. Louis University School of Medicine. Dr. Binzel promoted nutritional therapies and laetrile for over 30 years and his success record was outstanding. From his Book, *Alive and Well*, Chapter 14, comes the following exceptional, explanatory information:

> "When a patient is found to have a tumor, the only thing the doctor discusses with the patient is what he intends to do about the tumor. If a patient with a tumor is receiving radiation or chemotherapy, the only question that is asked is, 'How is the tumor doing?' No one ever asks how the patient is doing. In my medical training, I remember well seeing patients who were getting radiation and/or chemotherapy. The tumor would get smaller and smaller, but the patient would be getting sicker and sicker. At autopsy we would hear, 'Isn't that marvelous! The tumor is gone!' Yes, it was, but so was the patient. How many millions of times are we going to

> have to repeat these scenarios before we realize that we are treating the wrong thing?
>
> "In primary cancer, with only a few exceptions, the tumor is neither health-endangering nor life-threatening. What is health-endangering and life-threatening is the spread of that disease through the rest of the body.
>
> "There is nothing in surgery that will prevent the spread of cancer. There is nothing in radiation that will prevent the spread of the disease. There is nothing in chemotherapy that will prevent the spread of the disease. How do we know? Just look at the statistics! There is a statistic known as 'survival time.' Survival time is defined as that interval of time between when the diagnosis is first made in a given patient and when that patient dies from his disease.
>
> "In the past fifty years, tremendous progress has been made in the early diagnosis of cancer. In that period of time, tremendous progress has been made in the surgical ability to remove tumors. Tremendous progress has been made in the use of radiation and chemotherapy in their ability to shrink or destroy tumors. But, the survival time of the cancer patient today is no greater than it was fifty years ago. What does this mean? It obviously means that we are treating the wrong thing!
>
> "The only thing known to mankind today that will prevent the spread of cancer within the body is for that body's own defense mechanisms to once again function normally. That's what nutritional therapy does. It treats the defense mechanism, not the tumor."

Well said, Dr. Binzel. Fact, not fiction, based upon years of study and treating patients. Must be more of that "empirical evidence" stuff.

Dr. Jonathan Wright is the Medical Director of the Tahoma Clinic, located about 20 minutes from downtown Seattle. For over 25 years, this Clinic has utilized, almost exclusively, preventative medicine and natural treatments with its patients. Dr. Wright is well known for promoting natural supplements over dangerous drugs. The Tahoma Clinic was shut down at gunpoint by federal agents and local police in 1992 for forwarding this "natural treatment" philosophy and for allegedly prescribing unapproved drugs and treatments (natural supplements and vitamins) for sick patients. His offices were ransacked and records were carted off. Over time, he was vindicated. Dr. Wright graduated from Harvard at age 20 and the University of Michigan Medical School at age 24. I told you that doctors were smart.

Dr. Wright says that, ultimately, alternative medicine will flourish – and here's his reasoning:

> "It's because it works; it's as simple as that. We may not always understand why or how it works, but the tremendous public groundswell for natural medicine is because people know their own bodies, and they know that it works."

Dr. Wright's quote was taken from an interview with the *Seattle Times* and reported in the July 4, 1995, issue by Danny Westneat.

Dr. Gary Null has a Ph.D. in human nutrition and public health science and is said by many to be America's leading health and nutrition expert. In his published research entitled, *Death By Medicine*, with Carolyn Dean, M.D., N.D; Martin Feldman, M.D; Debora Rasio, M.D; and Dorothy Smith, Ph.D; Dr. Null expresses the following:

> "The FDA continues to interfere with those who offer natural products that compete with prescription drugs. These attacks against natural medicine obscure a lethal problem that, until now, was buried in thousands of pages of scientific text. In response

my kids need to know

> to these baseless challenges to natural medicine, the Nutrition Institute of America commissioned an independent review of the quality of 'government-approved' medicine. The startling findings from this meticulous study indicate that conventional medicine is *'the leading cause of death'* in the United States."

Who would have believed it? But it's absolutely true. Other epidemiological studies show iatrogenics (death by doctor, drugs, hospital) to be the third leading cause of death today in the United States. Actually, when all of the facts and figures are taken into consideration, as Dr. Null illustrates, the cheerleaders for iatrocide are yelling "We're Number One!" And, when it comes to cancer, many of the hundreds of thousands of death certificates that aren't attributed to this disease – and should be – state that the patient died of pneumonia, liver disease, heart failure (brought on by chemotherapeutic agents), or some other malady that was a result of the ***cancer treatment!*** Here, let me juggle those statistics for you.

Thank you, Dr. Null, for your continued diligence in forwarding natural medicine and exposure of the truth surrounding iatrogenesis and "death by medicine." And, my support is not designed to slam our doctors. No, it is simply meant to show that we have a severe problem when it comes to healthcare, especially cancer care, and we need to do something about it. Now.

Dr. Hiromi Shinya is the Chief of Surgical Endoscopy at Beth Israel Medical Center and Clinical Professor of Surgery at the Albert Einstein College of Medicine. Dr. Shinya has done over 370,000 colonoscopies and invented the "polyp removal" tool for this procedure. The following quotes are from a June 27th, 2009, lecture by Dr. Shinya:

> "Daily consumption of beef will inevitably produce prostate problems and cancer.
>
> "Vegetable proteins ***'freeze'*** cancer cells.

piss + puss milk

> "Meat protein, and especially casein (protein from milk), stimulate and fertilize cancer growth.

> "The increased hormones in milk cause breast cancer, as well as prostate and infertility problems."

Do you think that the good doctor promotes meat and milk? Not! Read *The China Study*, by T. Colin Campbell, and you will see the complete documentation about how cancer, meat, and milk are directly related. Dr. Shinya has seen more than enough colons and colon cancer to understand the connection between diet and this disease. He recommends Kangen Water™ to his patients and has seen a "zero percent" recurrence of any kind of cancer when his patients follow his prescribed lifestyle, including drinking Kangen Water™.

Dr. T. Colin Campbell, with his son Tom, co-authored the most comprehensive study of health and nutrition ever conducted, the previously mentioned, *The China Study*. Dr. Campbell has authored more than 300 research papers and is Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University. *The China Study* was the result and culmination of a twenty-year partnership involving Cornell University, Oxford University, and the Chinese Academy of Preventive Medicine. After reading this book, one clearly understands that the results of this amazing study are entrenched in pure science. And, the message is this: Change your diet and you will dramatically reduce your risk of cancer, heart disease, diabetes and obesity.

On page 317 of this tediously documented scientific work, Dr. Campbell makes this statement:

> "Our tax dollars are used to make the pharmaceutical industry more profitable. One could argue that this is justified by gains in public health, but the alarming fact is that this litany of research into drugs, genes, devices and technology research *will never cure*

> *our chronic diseases*. Our chronic diseases are largely the result of infinitely complex assaults on our bodies resulting from eating bad food. No single chemical intervention will ever equal the power of consuming the healthiest food. In addition, isolated chemicals in drug form can be very dangerous. The National Cancer Institute itself states, 'What is clear is that most of our current treatments will produce some measure of adversity.' There is no danger to eating a healthy diet, and there are far more benefits, including massive cost savings both on the front end of preventing disease and on the back end of treating disease. So, why is our government ignoring the abundant scientific research supporting a dietary approach in favor of largely ineffective, potentially dangerous drug and device interventions?"

Good question, Doc. Notice the words "abundant scientific research." The research is there; the results are in; the conclusions are factual and specific. With general health or disease, especially cancer, diet works – drugs don't.

G. Edward Griffin is not a doctor. Rather, he is a documentary film producer, writer, lecturer, and was formerly a child actor. Ed is well known for his literary exposes on the United Nations and the Federal Reserve. More notably, however, and of extreme importance to cancer sufferers, Mr. Griffin is the author of *World Without Cancer*, the narrative history of vitamin B-17. What is astonishing is that the book is still in print today, even though it was originally published back in 1974. In at least its 21st printing, and having been updated, this work is as relevant today as it was over four decades ago. Mr. Griffin dedicates his book to "the millions of cancer victims and their loved ones whose suffering has been the tragic cost of scientific arrogance and political vested interest."

World Without Cancer is the story of Laetrile, commonly called amygdalin or vitamin B-17. While it is indeed a story, it is not a novel. Based upon volumes and volumes of research, this factual presentation brings to light the true history of an anti-cancer, natural substance that many say "cures" cancer. The history of Laetrile treatment for cancer and the science behind it date back to the early 20th Century and have been proven and documented beyond any doubt. I highly recommend that you read this book. Following is an interesting tidbit from Mr. Griffin's masterpiece (Page 151):

> "As we have seen, however, the health records of the Hunzakuts and Eskimos, and many other groups around the world, are statistically conclusive that vitamin B-17 does control cancer in human beings with an effectiveness approaching 100%. There can be little controversy over that. But what about cancer once it already has started? Can B-17 restore a person to health after he has contracted the disease?
>
> "The answer is yes, *if* it is caught in time, and *if* the patient is not too badly damaged by prior X-ray treatment or toxic drugs. Unfortunately, most cancer victims start taking Laetrile only after their disease is so far advanced that they have been given up as hopeless by routine medical channels. Usually, they have been told that they have only a few more months or weeks to live. And, it is in this tragic state of near death that they turn to vitamin therapy as a last resort. If they die – and, indeed, many of them do – then they are counted as statistical failures for Laetrile. In reality, it is a victory for Laetrile that *any* of them should be saved at this stage. For, once a deficiency disease has progressed so far, the damage it does simply cannot be reversed."

It is very unfortunate that most cancer sufferers who turn to alternative therapies do so after having undergone significant conventional treatments. And, sadly, most are left in the deteriorated physical condition that Ed Griffin describes above. Because of immune killing drugs and radiotherapy, many are near death and arrive too late for "alternatives" to help them.

Sandra Olson has a Master's Degree in Education and has been teaching the "Budwig protocol" to thousands of eager listeners over the past 11-12 years. While not a doctor, she has been able to witness the amazing recovery of those cancer patients who chose to utilize the flax oil/cottage cheese diet promoted by Dr. Johanna Budwig. Below are a few paragraphs from an article that Ms. Olson published and submitted to the ezinearticles.com website and is also found on her site at www.Budwig-videos.com:

> "As moderator of a large Budwig discussion group, I've answered hundreds of questions and have worked with many people who have overcome cancer. For example, Peter was given only months to live when he was diagnosed with liver cancer. He had two tumors that were growing steadily. He refused conventional treatment and began the Budwig protocol. Once he worked all parts of the plan into his daily routine, the tumors began to diminish and were negligible in three months. A year and a half later he remains cancer free. His doctor is amazed.
>
> "Janice had breast cancer with metastasis to the bones in her spine. Her arms were so swollen that she couldn't fully raise them. She chose the Budwig protocol instead of conventional treatment. After a few months, her arms returned to normal and the cancer was gone. She now leads a very active life.
>
> "One man had multiple myeloma and went through every treatment a top U.S. clinic had to offer. After a year of terrible side effects from chemo, radiation, etc., his doctors said he had only weeks to live. His wife then found the Budwig plan and started him on it. He slowly improved and after six months was declared cancer-free by the doctors who had previously said he was terminal.
>
> "A prostate cancer patient was given six months to live when he was diagnosed at age 69. He began the Budwig diet and lived well to age 85.
>
> "There are many more true experiences like these from people

> who had various kinds of cancer or arthritis, asthma or diabetes, as well as other ailments. The Budwig diet and protocol can help to overcome disease as well as prevent disease through healthful nutrition and lifestyle. It's life-changing information."

Many in conventional research and medicine will pass off this data and these testimonies as not being viable proof since the information was not collected in a clinical environment. I can tell you for sure, however, that those who have survived cancer by using the Budwig protocol would give them a great argument on this subject – especially since traditional therapies failed most of them.

Yes, I know. It's only cottage cheese and flax oil. But, the years of scientific study and volumes of documentation supporting this synergistic combination of sulfurated proteins and omega fatty acids, and demonstration of how the concoction works for cancer patients, was ***proven beyond any doubt*** over seven decades ago. And it is as effective today as it was then. Many will testify to that fact.

Wade Lightheart is the founder of the Institute for Advanced Natural Health Sciences and a world champion body builder. He is what I would call an "extreme" advocate of personal nutrition and holistic health practitioners. He has proven the power of good nutrition and water through his own life and forwards his health philosophy and lifestyle protocol via his A.W.E.S.O.M.E. program; air, water, exercise, sunlight, optimizers (enzymes, probiotics, amino acids, minerals, vitamins), mental beliefs and attitudes, and education. I've had the pleasure of speaking with Wade on several occasions. Let's listen to him for a moment:

> "You see, doctors study pathologies and seek out methods to eradicate the symptoms of a disease – which is one way to deal with the symptoms. However, after witnessing my sister and countless other individuals endure the horrors of chemotherapy, radiation, and bone marrow transplants, this approach didn't make sense.

> Think about it. If you wanted to become healthier, would you go take a round of chemotherapy? Or subject yourself to high levels of radiation? If you simply stop and ask yourself, 'Does this make sense?' – you tend to get clarity around a problem. It's for this reason that I chose to study EXCELLENCE through optimizing cellular function through manipulation of the factors that make your cells work properly. If a cell is working the way nature intended, it's reasonable to assume a person would be less likely to develop cancer or to overcome the disease if they already have it."

Wade is also a great supporter of ionized water and promotes it along with exercise, diet, and a healthy lifestyle.

Mike Vrentas is the Vice President of the Independent Cancer Research Foundation (ICRF). Simply put, when it comes to cancer, Mike knows what works. I sat down with Mike in his home a few years ago. He has an excellent understanding of the cancer process and what to do to heal it. In his own words:

> "I have spent the past twelve years and thousands of hours (along with my wife) researching 'gentle', alternative treatments for cancer and chronic disease. This does not include drugs, chemotherapy or radiation, but gentle treatments of rebuilding your body by re-balancing the inner terrain so the cancer cannot survive.
>
> "A very good comparison would be a swimming pool. When the pH drops in the water of a swimming pool and the chemicals become out of balance, this causes algae to grow out of control. In the swimming pool you raise the pH in the water and re-balance the chemicals. The algae then die, dropping to the bottom of the pool, where it's vacuumed out, and one has a nice clean pool. It's very similar with cancer.
>
> "In the event of cancer, the pH has dropped in your bodily fluids

and within the inner terrain of your body. Cancer is a nutritional deficiency of the autonomic nervous system and cells, and the inability of the pancreas to produce enough enzymes to dissolve the foreign masses, which grow in each of our bodies daily. This nutritional imbalance allows the amino acids and hormones to get out of balance, which, in turn, causes a domino effect, damaging the DNA inside the cells.

"To win the battle with cancer and chronic disease, you must raise the pH of your bodily fluids from that of acidic to slightly alkaline (7.345) and re-balance the inner terrain of your body – just as in the swimming pool. This is done with a change of diet and lifestyle. For example, this protocol would include detoxing the body, consumption of fruits and vegetables, juicing, nutritional supplementation, the addition of electron-rich unsaturated fats combined with a sulfur protein (Budwig protocol), and vitamin and mineral supplements. With the addition of this type of a regimen, the cancer cannot survive and starts to die, the same as the algae in the swimming pool."

Dr. A. True Ott, PhD., is the author of *Wellness Secrets For Life, An Owner's Manual for the Human Body.* Dr. Ott promotes the necessity of minerals and water for the proper functioning of the body's muscles, nerves, blood vessels and organs. He understands the results of ingesting sodium fluoride, especially in soda pop and toothpaste. From the referenced book:

"Mothers, if your little ones are having trouble concentrating at home or in school, or have been diagnosed as 'attention deficit' – perhaps you would be well advised to look for the culprit (and the solution to the problem) no further than your home medicine cabinet (your tube of toothpaste) and your friendly neighborhood school's water fountain!!

"How does sodium fluoride kill rats? Are you sure you want to

> know? When sodium fluoride enters your stomach, it reacts with your stomach acid and changes into yet another NEW inorganic compound called fluoric acid. Fluoric acid can be purchased over the counter in most hardware and grocery stores for removing rust stains from your clothing. It is a reverse, or 'backwards' acid because it will not melt your clothing and it will not even bother your skin. BUT YET IT WILL DISSOLVE GLASS UPON CONTACT. ATTENTION – sodium fluoride inhibits over 100 critically important enzyme functions in the human body and is directly attributed to over 50,000 cancer deaths each year. The main function of sodium fluoride when used as a rat poison is TO DESTROY ENZYME FUNCTION. This causes the rat to starve to death while eating all the food it desires. This is called death by malnutrition. As fluoride levels increase, the ability of the body to get adequate nutrition decreases by the lack of enzyme functions. Sodium Fluoride also disrupts DNA repair, causes genetic damage, increases the risk of hereditary cancers, and directly accelerates the aging process."

Once again, I told you so.

Webster Kehr, better known as the **"Cancer Tutor"** (now retired), is probably one of the most knowledgeable researchers in the alternative, anti-cancer movement. The Cancer Tutor website boasts the most complete information on cancer and its treatments and is a virtual library of data on a multitude of anti-cancer disciplines, from cause to cure. Find it at www.cancertutor.com. Webster is past President of the Independent Cancer Research Foundation and an author of many white papers and ebooks on cancer, physics and mathematics. I consider him a personal friend and have met with him on many different occasions. Although there are literally volumes of quotable data and information that I have gleaned from him in person and on his website, I will quote herein one short story and you can visit the website for the rest:

"Suppose you own an antique dining room table which is worth many tens of thousands of dollars. Suppose your butler tells you that there are dozens of cockroaches crawling around on your priceless table and you will be having dinner guests in one hour.

"Your butler informs you that his job description does not include killing cockroaches and, as he is leaving your house, he offers you four options for getting rid of the cockroaches:

1) He offers you a chainsaw to 'slash' the little critters to pieces,

2) He offers you a large and powerful flamethrower to 'burn' the critters to pieces,

3) He offers you two gallons of a highly toxic liquid chemical to 'poison' the critters, and

4) He offers you an old $1 flyswatter.

"Which of the four options would you use to get rid of the cockroaches? Would you choose one of the first three options (slash, burn, and poison) because they are highly potent at killing cockroaches, or would you choose the cheap, wimpy flyswatter?

"Think about why you would make your choice.

"Most likely you would pick the flyswatter because the other three items (which are far more powerful than a flyswatter at killing cockroaches) are also massively powerful *at destroying* your priceless table!!

"Chemotherapy (the toxic chemical above), surgery (the chainsaw above), and radiation (the flamethrower above) do kill cancer cells, but they also kill healthy cells (the priceless antique table), damage the immune system, damage the ability of your digestive tract to process nutrients, etc., *because they do not target cancer cells.* Thus, these treatments cannot cure cancer (which has spread) without killing the patient first.

> "By comparison, alternative cancer treatments (the flyswatter), while *not as powerful* as the other items, are *far more effective* at treating cancer because these treatments *either target cancer cells* **or** *do not damage your healthy cells.* Thus, they can be given in *much higher doses* than any of the 'orthodox' cancer treatments. Plus, the many alternative cancer treatments can generally be combined.
>
> "A person can drink a quart of carrot juice but they cannot drink a quart of chemotherapy."

The late Bill Henderson was an exceptional cancer coach and publisher of one of the best anti-cancer newsletters ever produced. Bill was a proponent of immune building supplements and in his book, *Cancer Free*, he answers the question about why these are a first priority (page 92):

> "Taking appropriate immune system boosting products will almost certainly insure that your cancer will not recur. Without this treatment, continued after you are declared 'cancer-free,' your cancer will almost certainly recur months or years after completion of your 'debulking' therapy.
>
> "No instruments or tests today can detect the relatively small number of cancer cells that *always remain* after conventional treatment. Those cells are, by definition, the *hardiest.* With your immune system *destroyed by the chemotherapy*, radiation or surgery, they continue to divide in a *'cancer friendly'* environment.
>
> "If you or a loved one is diagnosed with cancer, immune system boosting is *PRIORITY ONE.* Best of all, this treatment is what is known as an *'adjunctive'* therapy. That means it does not require you to challenge your cancer doctor to approve an 'alternative' treatment. With enough study of the available research, almost any respectable doctor should cheer you on in your use of these

> products. If he or she does not, *take them anyway*, and consider finding another doctor."

You've got to like that last sentence. Pretty bold of Bill. But when you are steeped in truth, you just have to let people know.

Dr. Andrew Weil, M.D., really needs no introduction. He is a graduate of Harvard Medical School and has worked for both the National Institute of Mental Health and the Harvard Botanical Museum. He has extensively studied plants and their healing properties. Dr. Weil is the founder of the Arizona Center for Integrative Medicine and is considered to be (by his peers) one of the world's leaders in integrative medicine. In his sixth book, *Spontaneous Healing*, released in 1995, Dr. Weil states the following regarding cancer:

> "Current therapies for cancer, both conventional and alternative, are far from satisfactory. Conventional medicine has three main treatments: surgery, radiation, and chemotherapy, of which only the first makes sense. If cancer is in one location only and accessible to a surgeon's knife, it can be excised and eliminated permanently. Unfortunately, only a small percentage of cancers meet those criteria, principally cancers of the skin and uterine cervix. In far too many cases cancer has already spread to more than one site by the time of its discovery or is somewhere in the body that is beyond the reach of a surgical cure.
>
> "Radiation and chemotherapy are crude treatments that will be obsolete before long. If you have cancer and are faced with a decision about whether to use conventional therapies, the question you must try to answer is this: Will the damage done to the cancer justify the damage done to the immune system?"

I find most interesting the comment about chemotherapy and radiation being obsolete before long. While we can only hope that this is true, it has been over 23 years since the release of this book. Hopefully, most of us will live to see the demise of these barbaric treatments. Unfortunately, many cancer sufferers will not.

Ty Bollinger has produced one of the best and most usable books ever written about cancer and is the founder of *The Truth About Cancer*. Many of Ty's family members died of cancer. He, like most of the rest of us, asked "why?" His question, and subsequent research, led him to the truth about this disease and produced his excellent treatise entitled *Cancer – Step Outside The Box,* first published in 2006, and now in at least its third printing. While there's a ton of good "meat" in this book, I believe that the link between cancer and root canal dentistry needs a little more exposure. Ty quotes an actual dentist, Dr. Hal Huggins, who was a leader in "biological dentistry" in this excerpt, page 340, from his book:

> "In 1993, Dr. Hal Huggins, D.D.S., gave a lecture to the Cancer Control Society. In an almost comical fashion, Dr. Huggins stated, '*Then we get into the root canal business, and that is the most tragic of all. Isn't there something you can put in the center of the canal that is safe? Yeah, there probably is, but that is not where the problem is.* ***The problem with a root canal is that it is dead.*** *Let's equate that. Let's say you have got a ruptured appendix, so you go to the phone book, and who do you look up? Let's see, we have a surgeon and a taxidermist, who do you call? You going to get it bronzed? That is all we do to a dead tooth. We put a gold crown on it, looks like it has been bronzed. It doesn't really matter what you embalm the dead tooth with, it is still dead, and within that dead tooth we have bacteria, and these bacteria are in the absence of oxygen. In the absence of oxygen most things die except bacteria. They undergo something called a* ***pleomorphic*** *change…like a mutation…they learn to live in the absence of oxygen…and now produce* ***thio-ethers****, some of the strongest poisons on the planet that are not radioactive.*'"

If you recall, we have addressed root canals and their very possible link to cancer – especially breast cancer. Please, pay attention to this one. Many thanks to Ty and Doc Huggins.

Dr. Robert O. Young, Ph.D., has degrees in nutrition, chemistry, and microbiology and has researched mycotic infections (yeast, mold, fungus) and their relationship to disease for many years. He is the author of *The pH Miracle: Balance Your Diet, Reclaim Your Health.* Dr. Young is a promoter of an alkaline diet and believes that acidity is a major cause of sickness and disease. In his white paper entitled, *Overacidity and Overgrowth of Yeast, Fungus and Moulds,* Dr. Young has this to say about cancer, hormones and acidity:

> "Cancer is not a virus; it is an acid problem produced by a mould. It is an infection due to excess fermentation in the weakest parts of the body. What causes cancer in cigarettes is the yeast and sugar they use to accelerate the fermentation process in the tobacco leaves. Cancer is not a localized problem that is metastasizing. Cancer is a systemic problem that has localized. We know through research that the supplementation of hormones can be a risk factor for breast cancer. When you supplement hormones, those hormones are subject to fermentation in a body that is out of balance, and when hormones are fermented, they produce an acid, which has to be eliminated. These acids are then stored in areas of fatty tissue and what more perfect place to put it than the breast. How can emotion or fear cause rotting processes? Biologically, it's simple. Emotions create acidity through the release of hormones that are then fermented, which produces the acid. And, we then start craving the foods we should basically avoid."

Sugar, acid, fermentation – the buzzwords that are always linked to cancer. Remember, cancer cells are anaerobic (without oxygen) and feed by fermenting sugar in an acid environment.

The following are "snap-shot" quotes from doctors and oncologists – some questioning their own profession, others expounding upon the cause and the cure – all waxing philosophically about the truth (please give these some considerable thought):

My take is that oncologist **James F. Holland, M.D.**, had pretty much reached the tipping point when he said the following in *The Krebiozen Story*:

> "My definition of cancer quackery is the deliberate misapplication of a diagnostic or treatment procedure in a patient with cancer… The culprit who victimizes his fellow man suffering from cancer… all the while greedily enriching himself, is a quack, a criminal, a jackal among men who deserves the scorn and ostracism of society. Because human life is at stake, he must be controlled."

Katy bar the door! What do you really think, Doc? Isn't it refreshing coming from a doctor and oncologist?

Dr. Glen Warner, M.D., and another oncologist, adds his two-bits worth to the chemo deception:

> "Chemotherapy is an incredibly lucrative business for doctors, hospitals, and pharmaceutical companies. The medical establishment wants everyone to follow the same exact protocol. They don't want to see the chemotherapy industry go under, and that's the number one obstacle to any progress in oncology."

Dr. William Campbell Douglass, M.D., shoots straight from the hip regarding radiation scans and cancer:

> "Studies have found that one percent of all new cancers are caused

> by CT scans alone. In fact, mainstream researchers have estimated that CT scans performed just in 2007 – just that one single year – will eventually lead to 29,000 cancers. No matter how you look at it, radiation-based tests come with major risks – and studies have found that half of them are completely unnecessary, and many more are wildly redundant. I won't say never, ever get an X-ray or CT scan – but before you put yourself into a lead-lined tube, make sure it's really necessary."

Dr. Leonard Coldwell, N.D., world-renowned Naturopathic Doctor and author, challenges us to look inside ourselves when it comes to cancer:

> "All illnesses are caused by a direct violation of God's or Nature's laws. It is a violation of the use of power and free will that you have. It is an imbalanced energy system that causes your immune system to fail. It is self-neglect, self-denial, self-hatred, or subconscious suicide that leads to cancer. It's you!"

Can't be me, Doc! Let's see – who can I blame?

This section would not be complete without a quotation from **Mike Adams**, the renowned "Health Ranger", and an invitation to enjoy his short missive entitled, *Welcome to the Town of Allopath.* This "politically incorrect" but very accurate fable is an illustrative revelation of conventional medicine, pharmaceutical companies, and the FDA. Initially, I wanted to just mention the website where all could find it but, knowing that many folks who are reading this book do not have computer access, I felt it necessary to reprint it right here – naturally, with the permission of the author. I guarantee that you are going to like it. So, fasten your seatbelt, put your seatback in an upright position, and enjoy your short journey to the town of "*Allopath*":

> "There once was a town called Allopath. It had many people,

streets and cars, but, due to budget limitations, there were no stop signs or traffic lights anywhere in Allopath.

"Not surprisingly, traffic accidents were common. Cars would crash into each other at nearly every intersection. But business was booming for the auto repair shops and local hospitals, which dominated the economy of Allopath.

"As the population of Allopath grew, traffic accidents increased to an alarming level. Out of desperation, the city council hired Doctor West, a doctor of the Motor Division (M.D.) to find a solution.

"Dr. West spent days examining traffic accidents. He carried an assortment of technical gear – microscopes, chemical analysis equipment, lab gear – and put them all to work as part of his investigation. The townspeople of Allopath watched on with great curiosity while Dr. West went about his work, meticulously documenting and analyzing each traffic accident, and they awaited his final report with great interest.

"After weeks of investigation, Dr. West called the people of Allopath to a town meeting for the release of his report. There, in front of the city council and most of the residents of Allopath, he announced his findings: 'Traffic accidents are caused by skid marks.'

"As Dr. West explained, he found and documented a near-100% correlation between traffic accidents and skid marks. 'Wherever we find these cars colliding,' he explained, 'we also find these skid marks.'

"The town had 'Skid Marks Disease,' the doctor explained, and the answer to the town's epidemic of traffic accidents would 'require nothing more than treating Skid Marks Disease by making the streets skid-proof,' Dr. West exclaimed, to great applause from the townspeople.

"The city paid Dr. West his consulting fee, then asked the good doctor to propose a method for treating this Skid Marks Disease. As chance would have it, Dr. West had recently been on a trip to Hawaii paid for by a chemical company that manufactured roadaceuticals; special chemicals used to treat roads for situations just like this one. He recommended a particular chemical coating to the city council: teflon.

"'We can treat this Skid Marks Disease by coating the roads with teflon,' Dr. West explained. 'The streets will then be skid-proof, and all the traffic accidents will cease!' He went on to describe the physical properties of teflon and how its near-frictionless coating would deter nearly all vehicle skids.

"The city council heartily agreed with Dr. West, and they issued new public bonds to raise the money required to buy enough teflon to coat all the city's streets. Within weeks, the streets were completely coated, and the skid marks all but disappeared.

"The city council paid Dr. West another consulting fee and thanked him for his expertise. The problem of traffic accidents in Allopath was solved, they thought. Although the cure was expensive, they were convinced it was worth it.

"But things weren't well in Allopath. Traffic accidents quadrupled. Hospital beds were overflowing with injured residents. Auto repair businesses were booming so much that most of the city council members decided to either open their own car repair shops or invest in existing ones.

"Week after week, more and more residents of Allopath were injured, and their cars were repeatedly damaged. Money piled into the pockets of the car repair shops, hospitals, tow truck companies and car parts retailers.

“The town economic advisor, observing this sharp increase in economic activity, announced that Allopath was booming. Its economy was healthier than ever, and Allopath could look forward to a great year of economic prosperity!

“There were jobs to be had at the car repair shops. There were more nurses needed at the hospital. ‘Help wanted’ signs appeared all over town – at the paramedic station, the tow truck shops, and the auto glass businesses. Unemployment dropped to near zero.

“But the traffic accidents continued to increase. And yet there were no skid marks.

“The city council was baffled. They thought they had solved the problem. Skid Marks Disease had been eradicated by the teflon treatment. Why were traffic accidents still happening?

“They called a town meeting to talk about the problem and, following a short discussion, an old hermit, who lived in the forest just outside of Allopath, addressed the townspeople. ‘There is no such thing as Skid Marks Disease,’ he explained. ‘This disease was invented by the roadaceuticals company to sell you teflon coatings.’

“The townspeople were horrified to hear such a statement. They knew Skid Marks Disease existed. The doctor had told them so. How could this hermit, who had no Motor Division (M.D.) degree, dare tell them otherwise? How could he question their collective town wisdom in such a way?

“‘This is a simple problem,’ the hermit continued. ‘All we need to do is build stop signs and traffic lights. Then the traffic accidents will cease.’

"Without pause, one city council member remarked, 'But how can we afford stop signs? We've spent all our money on teflon treatments!'

"The townspeople agreed. They had no money to buy stop signs.

"Another council member added, 'And how can we stop anyway? The streets are all coated with teflon. If we build stop signs, we'll waste all the money we've spent on teflon!'

"The townspeople agreed, again. What use were stop signs if they couldn't stop their cars anyway?

"The hermit replied, 'But the stop signs will eliminate the need for teflon. People will be able to stop their cars, and accidents will cease. The solution is simple.'

"But what might happen if stop signs actually worked, the townspeople wondered. How would if affect the booming economy of Allopath? Realizing the consequences, a burly old man who owned a local repair shop jumped to his feet and said, 'If we build these stop signs, and traffic accidents go down, I'll have to fire most of my workers!'

"It was at that moment that most of the townspeople realized their own jobs were at stake. If stop signs were built, nearly everyone would be unemployed. They all had jobs in emergency response services, car repair shops, hospitals and teflon coating maintenance. Some were now sales representatives of the roadaceuticals company. Others were importers of glass, tires, steel and other parts for cars. A few clever people were making a fortune selling wheelchairs and crutches to accident victims.

"One enterprising young gentleman started a scientific journal that published research papers describing all the different kind of Skid Marks Diseases that had been observed and documented. Another person, a fitness enthusiast, organized an annual run to raise funds to find the cure for Skid Marks Disease. It was a popular event, and all the townspeople participated as best they could: jogging, walking, or just pushing themselves along in their wheelchairs.

"One way or another, nearly everyone in Allopath was economically tied to Skid Marks Disease.

"Out of fear of losing this economic prosperity, the townspeople voted to create a new public safety agency: The Frequent Drivers Association (FDA). This FDA would be responsible for approving or rejecting all signage, technology and chemical coatings related to the town's roads.

"The FDA's board members were chosen from among the business leaders of the community: the owner of the car shop, the owner of the ambulance company, and of course, Dr. West.

"Soon after its inception, the FDA announced that Skid Marks Disease was, indeed, very real, as it had been carefully documented by a doctor and recently published in the town Skid Marks Disease journal. Since there were no studies whatsoever showing stop signs to be effective for reducing traffic accidents, the FDA announced that stop signs were to be outlawed, and that any person attempting to sell stop signs would be charged with fraud and locked up in the town jail.

"This pleased the townspeople of Allopath. With the FDA, they knew their jobs were safe. They could go on living their lives of economic prosperity, with secure jobs, knowing that the FDA would outlaw any attempt to take away their livelihood. They still had a lot of traffic accidents, but at least their jobs were secure.

"And so, life continued in Allopath. For a short while, at least. As traffic accidents continued at a devastating rate, more and more

> residents of Allopath were injured or killed. Many were left bedridden, unable to work, due to their injuries.
>
> "In time, the population dwindled. The once-booming town of Allopath eventually became little more than a ghost town. The hospital closed its doors, the FDA was disbanded, and the Skid Marks Disease journal stopped printing.
>
> "The few residents remaining eventually realized nothing good had come of Skid Marks Disease, the teflon coatings and the FDA. No one was any better off, as all the town's money had been spent on the disease: the teflon coatings, car parts and emergency services. No one was any healthier, or happier, or longer-lived. Most, in fact, had lost their entire families to Skid Marks Disease.
>
> "And the hermit? He continued to live just outside of town, at the end of a winding country road, where he lived a simple life with no cars, no roads, no teflon coatings and no FDA.
>
> "He outlived every single resident of Allopath. He gardened, took long walks through the forest, and gathered roots, leaves and berries to feed himself. In his spare time, he constructed stop signs, waiting for the next population to come along, and hoping they might listen to an old hermit with a crazy idea:
>
> "...that prevention is the answer, not the treatment of symptoms."

What a great job, Mike! We would all be so much better off (and healthier) if we would just be mindful of the "not-so-hidden" message attached to this "not-so-unrealistic" story. As we leave *Allopath* (but not its inherent epistle), let's listen to what Mike has to say about vitamin D and cancer:

> "We already know that vitamin D, all by itself, can prevent nearly 4 out of 5 cancers (documentation from the following website (http://www.naturalnews.com/021892.html). It also helps prevent heart disease, diabetes, depression, seasonal flu and kidney disease. Distribute free vitamin D supplements across the entire

> population and you solve the doctor shortage problem in one year as the public gets healthier and reduces doctor visits.
>
> "It's a simple, cost-effective solution that any intelligent nation would embrace without a second thought: Invest a few pennies in the health of the population and save yourself many dollars in reduced health care costs. Regular vitamin D supplementation has no negative side effects and requires no prescriptions, no injections and no visits to the doctor. What's not to like about that?
>
> "Except the sick care industry doesn't like it at all. Drug companies, hospitals, conventional doctors, med schools, medical journals and now even the mainstream media all generate extreme profits from the ongoing business of sickness and disease. Vitamin D would disrupt their profit agenda and send people home healthy and well instead of bringing them back into the hospital sick and diseased.
>
> "America, you see, does not have a shortage of doctors…it has an excess of disease. And that's an excess that the sick-care system seems determined to continue."

Mike is editor of NaturalNews.com and an expert in health and healing.

Dr. John Bailer, an epidemiologist at Montreal's McGill University, gives us his own analysis of mainstream cancer statistics in the following that was quoted in a 1986 edition of the *New England Journal of Medicine*:

> "The five-year cancer survival statistics of the American Cancer Society are very misleading. They now count things that are not cancer and, because we are able to diagnose at an earlier stage of the disease, patients falsely appear to live longer. Our whole cancer research in the past 20 years has been a failure. More people over 30 are dying from cancer than ever before…More women with mild or benign diseases are being included in statistics and

> reported as being 'cured.' When government officials point to survival figures and say they are winning the war against cancer, they are using those survival rates improperly."

Many epidemiologists, researchers, statisticians, and doctors echo these same sentiments regarding the obvious, intentional manipulation of cancer statistics.

Dr. Sherry Rogers, M.D., offers up this next summation regarding the truth surrounding cancer symptoms and causes in her book, *Detoxify or Die*:

> "You have been brainwashed into believing that the diagnosis given to your condition, a mere label, is the end of the line. But nothing could be further (and more dangerously) from the truth. In fact, the name or label that has been given to your collection of symptoms is totally inconsequential. The only thing that matters is what has caused the symptoms."

And, that's exactly what ***you*** should be concerned about – that which really ***matters.*** While mainstream medicine concentrates continuously and exclusively on the symptoms themselves, cancer sufferers should focus on what ***caused*** these indicators that something was wrong. In other words, resolve the disease – not the symptoms.

Linus Pauling, two-time Nobel Prize winner, said it succinctly and accurately:

> "Everyone should know that the 'war on cancer' is largely a fraud."

Here, here.

And, finally, a tell-it-like-it-really-is summation from an oncology nurse that is on the front lines of conventional cancer treatments every day – who I would call the ***real*** expert – in her own words:

> "I have been an oncology nurse for 14 years now. My first 3 years of that were spent in a large city's pediatric bone marrow transplant and oncology unit, followed by 11 years in an outpatient adult oncology setting. I have always felt 'called' to work with cancer patients and feel that I am blessed tremendously by the privilege of caring for this specialty population.
>
> "Among other things, it truly puts life in perspective for me, helping me to value things that really matter – and not getting so upset by the trivial things in life, such as getting stuck in a traffic jam or waiting so long in the grocery store line. And, the patients are so appreciative of the care you give them at this extremely difficult time in their lives.
>
> "All this to say that, for the past seven years, I have felt a growing angst within me whenever I am at work. You see, the drugs we give the patients in an attempt to 'cure' them (cure, in most cases, meaning a 5-year survival period without the cancer recurring) often do MUCH more harm than good. Side effects include such things as overwhelming fatigue, temporary or permanent loss of feeling in the feet, nausea, skin rashes and burns, loss of appetite and weight…the list could go on and on.
>
> "Frequently, patients will have a week or two in between their chemo and/or radiation treatments and will come to the clinic for follow-up visits on their breaks. When I ask them how they are feeling, they always respond, 'So much better now that I am not receiving the chemo.' My standard response to them without even consciously thinking has been, 'It's amazing how good you feel when we are not poisoning you!' Now, I realize how true that statement is – we are truly poisoning them in an attempt to make them better!

> "To the best of my knowledge, in no other medical field do we give toxic and damaging drugs to the patient to cure them. If there is a defect in an organ, tissue, muscle, or bone, it is repaired or replaced with a new one. With infection, antibiotics are given to help the body's immune system rid the body of the infection. In cardiac arrest, all efforts are made to help the heart function as it should – through numerous means – none of which are poison!
>
> "So, why then, with cancer, do we use these toxic drugs – drugs that in themselves can cause cancer (I have seen this numerous times in my career – patients receiving chemo and/or radiation will have a new cancer crop up years later as a result of their treatment!)? It is a question that won't be answered until too many people, especially cancer patients, start asking and demanding answers of oncology professionals."
>
> **Tina H., Oncology Nurse**

I think we all agree, Tina, it's way beyond time to start asking why.

EXPERT – a person with a high degree of skill in or knowledge of a certain subject (www.thefreedictionary.com).

Certainly, we can agree that doctors are "experts" when it comes to diagnosis, surgery, and conventional treatments. For the most part, with few exceptions, the majority of us would not argue with this assessment. After all, doctors have worked long and hard to get where they are. Unfortunately (and by their own admission), they have not been trained in nutrition, nor in what causes the immune system to be compromised that, subsequently, allows the onset of cancer in our bodies.

Cancer needs an expert – a master, professional, wizard, crackerjack – a specialist that understands (as much as man can) the wonderful workings of the human body and how these processes labor together to maintain homeostasis, promote both the chemical and electrical interactions of the cells, and heal the physical being, when necessary. As stated, our doctors are not educated in this proficiency as it is not a part of allopathic medicine. Doesn't it make sense, then, to put our "cancerous" bodies into the hands of the real experts – those who have researched and studied the masterful functions within our individual internal environments that allow us to heal, when given the proper ingredients?

I sincerely hope you are saying, "Yeah, when you put it that way – it makes perfect sense." And, it does. This is no slam on doctors. Would you hire an electrician to fix your plumbing? A landscaper to remodel your home? A chef to be your mechanic? Probably not. The reason is basic. You simply want the best trained, most knowledgeable, and most capable – the real expert – to perform those services for you. In the final analysis, you just want it done right and done well.

The same is true with cancer. When you are diagnosed (and almost half of Americans will be), you just want to get well. And, now you know that, beyond any reasonable doubt, your best shot is with the "real experts" that have been helping cancer patients heal for decades while running under the proverbial "radar" of conventional medicine – having been severely misdiagnosed as charlatans and quacks.

No, these "alternative" practitioners are the real "conventional" healers of our time. Taking what God gave us to repair our bodies when they break down, they have proven themselves to be the "go-to" experts when cancer strikes.

Ladies and Gentlemen, it's time to question the status quo of cancer treatment. In fact, it's far past time to challenge "business as usual." The reasoning is clear and the evidence is there – in fact, it's everywhere.

CHAPTER FIFTEEN

THE FUTURE: CANCER ON THE ROPES

"Just as we are amused today at the primitive medical practices of history, future generations surely will look back at our own era and cringe at the senseless cutting, burning and poisoning that now passes for medical science."

G. Edward Griffin – *World Without Cancer*

President Richard M. Nixon officially declared the "War on Cancer" through the National Cancer Act of 1971. Over Forty-seven years later, and by any logical measure, this war has been lost. It is long past time for conventional research and medicine to run the white flag up the pole and confess that virtually nothing has been accomplished and that cancer has beaten them. The trillion-dollar cancer industry should also admit that they have no new weapons or strategies to wage war on ***any*** front regarding treatments or therapies.

Finally, this conglomeration of governmental agencies, medical associations, and international drug companies should own up to the death and destruction that they have wreaked on cancer patients and their families over the last five decades since this "pseudo crusade" began. Business as usual must stop and the status quo must change.

The American Cancer Society (ACS) was founded in 1913 as the American

Society for the Control of Cancer. It was renamed the ACS in 1945. The National Cancer Institute was inaugurated in 1937. Most reading this book were not even born when these organizations opened and took root. They have grown to be colossal, multi-billion-dollar, mega-businesses. The ACS is the largest, non-religious, private charity in the world with a several billion-dollar annual budget and billions of dollars in assets. The sad thing is that most of this money is not utilized to help in the prevention, education or cure for cancer. Instead, the majority of its income is used to fund the massive overhead that has become commonplace in the "business" of cancer. This is a matter of public record and can be verified by looking at their annual IRS Form 990 Return.

Please note, however, that although cancer has become a mega-business that has been utterly corrupted by power and greed, I am not "finger pointing" at the dedicated doctors, nurses, and other healthcare practitioners who are diligently working to create genuine healing for their patients. These will take no offense – they know who they are and can stand proudly in the work they are doing.

No, the system is at fault. We (America – and, indeed, the rest of the World) have created a "Frankenstein" of cancer care and treatment that has turned on us. This "scarecrow" from Oz doesn't have a brain and is wallowing peacefully in the putrid ocean of perceived omnipotence and avarice. And, if it remains this way, Americans have virtually no health or healing chance and cancer will proliferate – even more so than it does today.

You've seen the statistics. More than a million and a half of us in the United States will be diagnosed with cancer this year. Many others will, unknowingly, be "growing, fertilizing, and feeding" it within their bodies. More Americans will die of cancer from January to December than perished in World War II, the Korean War, and the Vietnam War – combined. A cancer victim dies of this disease every minute of every day of every week of every month of every year. The World Health Organization (WHO) states that 9.6 million people died world-wide from cancer in 2018.

They also stated that there were 18.1 million new cases of this disease in the same year. The International Agency for Research on Cancer (IARC) published their "New World Cancer Report" for 2018 that estimates 27.5 million new cancer diagnosis and 16.3 ***million*** deaths (per year) by the year 2040. That is nearly ***triple*** the year 2000 numbers! Yeah, there's cancer prevention and control for you. Do you remember the 1969 hit song, "In the Year 2525," by Zager and Evans? The next line is "If man is still alive." What did these two farm boys from Nebraska know?

Tell me – when does this end? Or does it? When does it get so bad that we decide to do something about it? After all, as you have just witnessed through the pages of this book, we do, in fact, know what heals us and how to deal with this man-made plague.

As early as the 1930's, Royal Raymond Rife, Harry Hoxsey, Linus Pauling, Johanna Budwig, Max Gerson, Ernst Krebs, William Kelley, et al., had this "cancer thing" figured out. And, they paid the price for forwarding the natural therapies, foods, nutrients, and protocols that allowed the human body to defeat this disease – and many others. These dedicated professionals, and countless more, spent their lives researching and studying the causes – and resultant "cures" – for cancer, and were rewarded by the establishment with threats, censure, discrediting, and being hounded and run out of business – and, if you can even imagine it in a "free" country – sometimes worse.

What in the world has become of us? And how, on God's green earth, have we allowed this to happen? We must, collectively, answer these questions before we can ever hope to positively affect the future of cancer and its treatments. We simply cannot go on the way we have. Albert Einstein once said that "the definition of insanity is doing the same thing over and over again and expecting different results." And yet we continue to ply cancer patients with surgery, chemotherapy, radiation and drugs – and they die. ***What can we possibly be thinking?***

The scourge of ineffective, conventional treatments for cancer must be stopped – and be replaced by what really works. In the last chapter Dr. Andrew Weil was quoted as saying that "radiation and chemotherapy are crude treatments that will be obsolete before long." In 1987, Dr. Alan Levin, Professor of Immunology at the University of California Medical School, stated, "Most cancer patients in this country die of chemotherapy. Chemotherapy does not eliminate breast, colon or lung cancers. The fact has been documented for over a decade…Women with breast cancer are likely to die faster with chemotherapy than without it."

The following quote has been published in many, many cancer resource documents:

> "In 1986, McGill Cancer Center scientists sent a questionnaire to 118 doctors who treated non-small-cell lung cancer. More than three quarters of them recruited patients and carried out trials of toxic drugs for lung cancer. They were asked to imagine that they themselves had cancer and were asked which of six current trials they themselves would choose. Of the 79 respondents, 64 said they would not consent to be in a trial containing cisplatin, a common chemotherapy drug. Fifty-eight found all the trials unacceptable. Their reasons? The ineffectiveness of chemotherapy and its unacceptable degree of toxicity."

Friends, that's ***73%*** of oncologists (those who dispense chemotherapy) that said they would not undergo the ***very*** treatments that they recommend and administer – ***no matter what!!***

How can we possibly believe, conceive, or perceive that there is any future for chemotherapy (or radiation therapy) as a treatment for cancer? What will it take to convince us?

Thomas Edison – remember him? This great American inventor was quoted as saying that "the doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease." And, that's ***exactly*** where the future of cancer treatment and cure lies.

Is this a secret? You would think so. Ever since Hippocrates said, "Let thy food be thy medicine," there appears to have been an ever-building conspiracy to "dumb-down" our food with unnatural and synthetic preservatives and additives and to replace its medicinal uses with ever more man-made pharmaceuticals.

The cat is out of the bag now, however. The huge and solid rock of "alternative medicine" (thy food) is rolling down the steep hill of public opinion and headed straight for the crumbling building that is conventional cancer therapy. The American public doesn't seem to be so dumb after all. They have been fooled for a time (too long) by the smoke and mirrors of allopathic medicine, its purveyors and supporters. But now, the jig is up, the beans have been spilled, and the season for slash, burn, and poison is ending.

If the human body really does have the ability to heal itself when given the proper nutrients, water, supplements and protocols (and most believe that it does), then we really need to ask ourselves the following question: Is cancer really a medical problem, or a political one? I would purport to you that it is the latter. If, indeed, the politics are extracted from this disease, the power and money become non-issues and the real remedies are revealed and accepted. And, these healing mechanisms are natural, efficacious, and non-toxic. They build and restore the immune system, flush out poisons, efficiently and effectively process nutrients, and create homeostasis within the body.

Let's do this. Let's separate the "us versus them" mentality from the anti-cancer equation and focus on what is really important, and what the title of this book suggests: killing cancer – not people. If we can wrap our minds around this concept and jettison all the remaining "falderal" – the answer to cancer will appear, even to those who don't want to see it.

So, now accepting that cancer really is on the proverbial ropes and conventional medical therapies and treatments are on their way out, I want to give you the shopping list of exactly what is on the horizon in the form of natural supplements, foods, treatments, and immunotherapies that will make a significant difference in the radically changed and prolonged lives of cancer patients.

Of course, this summary will be far from complete. There are many supplements and protocols currently available that have not been mentioned in this writing. That does not mean that they are not good or effective. It simply means that I was limited in time and space and chose what I believed (through personal use, interviews, testimonies, and research) to be the most effective and proven – and what I would use and do if I had cancer. As stated in earlier chapters, do your own research, mind your homework, question everything, then select what you believe will work best for you. What has been recommended herein has been tried and proven by tens of thousands of cancer patients – and most of them, when adhering to the protocols, have healed. Also keep in mind that the new "immunotherapies" being touted by drug companies are no more than a futile attempt to activate the immune system by using drugs. Occasionally it works, but mostly it doesn't and lives are sacrificed through the testing phases (these are not proven) of these different new drugs.

Nothing will ever improve on Mother Nature. The earth provides what we need to survive, thrive and heal. Plant extracts are the basis for most medicines. But, instead of using them directly or in homeopathic solutions, man – in his arrogance – has chosen to try to synthesize these ingredients for fun and profit. Largely, it hasn't worked. Instead, we have produced drugs that have horrific side effects for which more drugs are required. Do you remember the commercial that exclaims, "It's not nice to fool Mother Nature?" Well, it's not and she's ticked.

While a few are poisonous and some not palatable, most plants on this earth are chock full of phytonutrients, vitamins, minerals, enzymes, and other valuable substances that, when used as a whole extract and not fractionated, are very effective in maintaining cellular health within the human species. Although I believe that God put animals on this earth and made them available for us to eat, we were largely meant to be vegetarians. Our digestive systems testify to this. Understanding and forwarding through this writing that the human body, with a very strong immune system, has the ability to heal itself, I submit to you that a large part of man's answer to healing cancer (and preventing it) lies within the use of these plant foods and extracts.

Even now, thousands of researchers are evaluating thousands of plants – their leaves, roots, stems, and flowers – and utilizing the individual selected extractions "in vitro" to test for anti-cancer characteristics. Unfortunately, many are in pharmaceutical labs (remember graviola) and destined to be new drugs. I am aware of several of these investigations (non-drug) and am directly involved in one of these. Many of you may have already heard of this through the *ihealthtube* and YouTube videos of my interviews on this project. This study/requalification is outlined as follows:

Extract A, called the "Karkinos Extract", which we have renamed ***PrimaNeuvera*™,** was actually developed from a South American plant species during the late 1950's and early 1960's. It went through significant patient testing (end stage cancer) and was shown to alleviate all the pain associated with the disease within 24-48 hours of administration. In addition, it put all patients who received it (who weren't almost dead from conventional therapies) into remission. I'm not calling it a cure – but, they did.

Hopefully, additional testing (to be completed soon – as funding is available) will "prove-out" this extract once again and ***PrimaNeuvera*™** will be brought to the anti-cancer marketplace post haste. Rest assured that the FDA and the pharmaceutical industry will bring all pressure to bear to keep this product from afflicted cancer patients and prosecute any and all who dare to forward this "unapproved drug." It is likely that its introduction and availability will be through an offshore or Mexican satellite wellness center.

Much similar testing is occurring throughout the world, although not in conventionally approved clinical trials. No, the FDA-backed approval committees would never stand for that. The majority of this type of research is being done in out-of-the-way places or in countries that can't be reached or bothered by the long arm of U.S. law. Since these "new medicines" are natural and non-toxic, populations that are now prone to cancer because they have begun adapting to a "Western Diet" are ideal and grateful candidates and many have healing experiences as described with the extract above.

Additional research (scientific – just not clinical) is currently in process here in the United States regarding known supplements and foods – and combinations thereof. We don't hear much about this because those participating are more interested in finding solutions than making money. They have personal histories or testimonies involving cancer and are seeking answers that traditional research and medicine are not providing. You won't find these people tied up in genome or gene experiments that will never give us a solution to cancer. No, these dedicated souls are doing the real work and seeking the answers (and finding them) that have, for so long, been hiding in the seemingly "alternate universe" outside of conventional existence. It doesn't take the proverbial rocket scientist to realize that you don't look for math answers in your geography book. Please, someone rush out and tell that to the National Institutes of Health.

Studies involving combinations of DMSO with several other nutrients and supplements are underway. As previously mentioned, individual blood/colostrum/transfer factor vaccines are being developed and tested in Mexico. Cuban scorpion venom is currently being used and touted as a cancer "cure" by many. There are other products and protocols being investigated that are secret and "underground" and their originators will not yet speak of them – nor can I at this point in time. I am bolstered by the fact that study and research for alternative and natural remedies for cancer continues despite the threats from our government and private industry. You go, girls – and guys.

An amazing amount of work in electromedicine is being accomplished as the quest to duplicate the previous success of Royal Raymond Rife continues. Some call this "energy or frequency medicine" and the equipment runs the gamut from Hulda Clark's "Zappers" and the previously evaluated GB-4000, to the Vibe Machines that are designed to raise the vibrational levels of the body to the highest oscillations, where they initially functioned. These devices use a combination of ozone, argon, krypton and water vapor and, when turned on, will light incandescent bulbs 10 feet away. Even though it is kind of an eerie feeling sitting in front of one of these while operational, my experience was peaceful and rewarding. Many whom I have spoken with swear by these machines for a variety of illnesses.

Homeopathic imprinting and low-level laser therapies are showing astounding promise with cancer patients. Some of the testimonies are truly incredible – many with late stage/end stage ramifications. Homeopathic imprinting was developed years ago by European Holistic doctors and it is said to immediately neutralize all bacteria and viruses and remove heavy metals, chemicals and radiation from the body.

My friend, Dr. John Lubecki, utilizes these protocols at the Lubecki Wellness Center in Sacramento, California. I have been there a couple of times and have spoken with several "healed" patients. Because of its simplicity, many want to believe that the laser and imprinting therapies are fraudulent and not steeped in science. They would be wrong. Here's an example:

> "Four years ago, I was diagnosed with stage four, recurrent lymphoma of the blood. I was put on a schedule of chemotherapy treatments and when this did nothing, except make me feel nauseated, very sick and tired, I was told that the only way to save me was to do stem cell transplant surgery. When I got my own imprinter and low-level laser and began using them, all my symptoms soon went away. I now go for checkups every six months at one of the largest cancer centers in the country and they can never find anything wrong. I feel great. It seems that blood cancers are

> so easy to reverse when these new methods are used that nobody has to die from leukemia or lymphoma any more.
>
> - Vicki H.

Vicki's testimony is a typical one – not an aberration. If you have an interest, please contact the Lubecki Wellness Center directly.

Other products boast of therapeutic benefits in energy medicine, such as Enercel®, that is advertised as "a compound whose function regenerates the mitochondria, producing white blood cells that target and destroy disease" (www.enercel.org). We know that these functions boost the immune system which, in turn, benefits cancer patients.

All things considered, in the final analysis, if we are sincere about ultimately and conclusively defeating cancer, the real answer that we seek is "prevention." If we can visualize (synthetically – or not) the end of this madness, this seemingly eternal controversy over what really works – and what doesn't – for sufferers of this disease, we must pull to the surface the incontrovertible evidence that what "heals" cancer also "prevents" it, and vice versa. With this truth in our "alternative" medicine bag, cancer can – and will – become a non-issue in our lifetimes. We simply must embrace the sweetness and effectiveness of natural, non-toxic therapies and treatments. After all, what worked for our ancestors (and my Great Hekawi Grandmother) was not drugs and poison. No, they ate right, drank good water, and made full use of the plant kingdom to heal themselves when they were sick. And, the inarguable fact is that your immune system will do it for you, even with cancer, if you give it the opportunity. Most importantly, now that you know this, don't forget it – and don't be intimidated by those who, in their ignorance, say it isn't so.

I sincerely believe that the future for cancer patients lies in the tenants of this book. If I didn't believe that, if I wasn't prepared to practice what I preach, if I didn't do many of these things right now – without cancer – I wouldn't recommend them to you. Because of that and, before moving on to the final chapter, let me first summarize what I have said I would do if I were diagnosed with cancer today. Keep in mind that, almost exclusively, this would include "any" type of cancer at "any" stage.

First of all, I would not have surgery unless it was absolutely and imminently necessary to save my life (tumor blocking bile duct, arterial interference, etc). I would not undergo chemotherapy or radiation therapy under any circumstances – except targeted, insulin potentiation therapy (IPT) if it was absolutely necessary to shrink a tumor immediately to save my life (not likely).

I would stop eating all sugar, all packaged foods, most meat and all dairy products, trans fats, hydrogenated oils, table salt, black pepper, anything refined (flours), peanuts, cashews, corn (fungus), and stop drinking tap water, alcohol, and coffee (with exceptions). I would immediately cease using fluoridated toothpaste (use non-aluminized baking soda instead) and all personal care products with chemicals that could harm me. I would embrace an alkaline diet high in raw vegetables and would juice these, as well. Wheatgrass juice and a good barley leaf supplement would be a multi-daily staple of my treatment. I would drink ionized water (so important for cancer patients) or, if that was not available, only quality well or spring water, and take several of the Reliv Supplements daily. I would immediately detox my colon (preferably, through PIOH sessions), liver and gallbladder and do a parasite cleanse. I would spend at least 15 minutes to a half hour in the sun every day – but not get sunburned – and use ***no*** tanning lotions or burn protection unless it was a non-toxic brand and I was staying out beyond 30 minutes.

I would do an initial "Navarro Urine Test" and, subsequently, make it an every-other-month event to chart the remission of cancer in my body. I would find an "advocate" – or ten – who would support me, without reservation, through this "cancer experience" that I intend to win. My next step would be to review the supplement list in Chapter Five, order a few of them, and begin these protocols – especially vitamin D3, turmeric, and iodine.

If unable to care for myself or administer the appropriate diet and protocols, I would seriously consider one of the Chapter Eight inpatient or outpatient clinics and would hire a cancer coach. If I were a late Stage III or Stage IV cancer patient, I would consider incorporating an electromedicine machine (GB-4000) into my treatment and undergo Ultraviolet Blood Irradiation therapy given through a qualified alternative physician. Despite the fact that I ***would want*** to, I ***wouldn't*** forget the coffee enemas. If I was still upwardly mobile and able, I would get as much exercise as was comfortable for me and would use a rebounder a couple of times a day to help drain my lymphatic system.

And, I would give myself a serious attitude adjustment, understanding that I have a plan in place – one that I know can work for me – and would have complete confidence that I would heal. In other words, I would embrace the five tenants of healing; diet, water (Kangen™), supplements (Reliv™), detoxification (physical, mental, spiritual, emotional), and exercise.

This is a brief summary of the first fifteen chapters. Herein lies a protocol that has worked for tens of thousands to help them resolve their cancers. In most instances – and if followed closely (no cheating) – it works to heal the epigenetic systems of the body which, in turn, builds and enhances the immune system, which is truly our only hope of beating cancer.

Buy into it; stick with it; ***heal.***

CHAPTER SIXTEEN

IT'S UP TO US

"Our lives begin to end the day we become silent about things that matter."

- Martin Luther King, Jr.

While there is no question that conventional medicine has lost the war on cancer, I do not maintain that "alternative medicine" can, as yet, claim victory. However, I now can conceive of the day that my children will have the freedom to select any treatments, therapies or protocols to deal with their own individual health issues.

The American people are a resilient bunch. Back us into a corner and we'll come out fighting – no matter how tough you think you are. Well folks, we have been literally "cornered" through a "sick-care" scandal (with a cancer of its own) that has blatantly squandered trillions of taxpayer dollars over the past five decades and produced virtually nothing. We have been to that mountaintop and, unlike the revered Dr. Martin Luther King, Jr., we have seen no promised land.

The "promise" of traditional cancer research has always been "the cure." And, it still is today, despite the "empirical" proof that no such remedy is in sight on the allopathic radar screen. We continue, however, to eat up the cancer-cure rhetoric and the public is insidiously and perpetually sucked into the yearly announcements of major advancements in cancer research – those continuous missives that put the long, elusive cure right around the corner. What they don't tell you is that the corner is somewhere on Pluto (Pluto don't get no respect). But I digress.

Folks, the narrative has changed. There is no more war on cancer; no more meaningful allopathic research; medicine is no longer looking for the cure. There is no money in that. The new "normal" in cancer treatment is in the "selling" of the therapies – that can't possibly work – to the public, the promise of new cures to come, and the milking and bilking of the American pocketbook till death do us part. In fact, no real cures are coming through traditional research because they continually are looking in the wrong places – *on purpose!* ***Do you think, for even a moment, that the cancer industry in America (and the World) is going to put themselves out of business by finding a cure?*** It's never going to happen – not ever – if they have anything to say about it!

The fact is that what we really need to know about the successful treatment of cancer – we ***already*** know. The tools we require to defeat this disease are ***already*** in the toolbox. The answer to cancer no longer begs the question. So, now that we "know what we know" to be true, right, efficacious, and healing, where do we go from here? How do we go forward? What's the plan of attack? Herein lies the problem.

We have already defined alternative medicine as really the misnomer for true conventional medicine. After all, what's more traditional than using natural ingredients to prevent and heal disease? And, what's more "alternative" than putting poison and radiation (things we are told as children to avoid at all costs) into the body to heal cancer?

Unfortunately (referring to the problem), "as labeled" alternative medicine is beginning its long-hoped-for phase of exponential growth in a severely fragmented state. While more and more dedicated researchers and businesses are involved in this field each year, many are doing their own thing, selling their proprietary products, advancing their individual equipment, treatments, supplements and therapies with little regard for the movement as a whole. While this appears to be good for business on a primary level, it transfers no momentum to the slowly moving pendulum of natural health care and prevention that needs to complete the upswing (credibility), before it can impel itself, at an ever-increasing speed, through the down-swing of acceptance and widespread implementation through its practical application.

In other words, we need to work together, support like-mindedness, and ally with one another to become a force to be reckoned with. The approach must be streamlined, the "fluff" shucked, the hucksters exposed, the fear controlled, and the truth forwarded.

Conventional medicine has now latched onto "buzz" phrases in an effort to convince Americans that they are listening and changing to incorporate alternatives into their allopathic regimens. Being bantered about now by the same medical association that brought chemo and radiation to a theater near you, are the marketing pieces featuring "Complimentary and Alternative Medicine," or CAM, and "Integrative Medicine." The idea here is that conventional treatments are now including portions of alternative medicine to "compliment" the traditional therapies and "integrating" them into allopathic cancer procedures.

While I laud our current medical convention for promoting prayer, counselors, and better diets for our inflicted brethren, don't be fooled into believing for a second that this resembles choice in medicine or true alternative treatment (with a few exceptions). To be fair, a few have gone a little further than this and have realized that a basic alkaline diet is what a cancer patient requires. And, while it will help, this protocol is seriously deflected by round after round of chemotherapy and radiation treatment. Having said that, it's much better than the standard hospital fare of soda pop and sugared protein drinks. No need to go through that again. Just beware that the medical locations advertising CAM and IM are largely – if not mostly – conventional treatment facilities.

This apparent change in marketing ploys by cancer care centers and hospitals is an effort, not so much to offer alternative therapies, but to splinter and dilute the aspirations of those who are really trying to forward the effective protocols. If it can be perceived that local entities are offering the best of both worlds, perhaps cancer sufferers can be convinced that their chances are better within these facilities. And, while indeed the healing opportunity might be slightly increased there, it won't be significant, as conventional treatments are still the mainstay.

But, here's the thing. This is where the rubber meets the road. Friends, we need to take charge of our health, cancer or not. Just like my mother "really" knew the two packs of cigarettes she was smoking daily were not good for her, we also are very aware (more so now) that what we eat, what we drink, what we breathe, and how we live, impact our longevity and quality of life.

Unfortunately, we are a chronically "sick" society that lives in whatever manner we please and then hopes that the doc has the magic pill when we start to fail. Well, he doesn't. Medicine has come a long way in the past 50 years, thanks largely to diagnostic equipment and drugs. Folks, this does not equate to quality of life – nor will it ever. No, how we live and how long we live, is primarily up to us, individually.

We really do know what to do – and how to do it. Hopefully, this book has reinforced that fact and persuaded you of this truth, whether cancer inhabits your body – or not. Without the proper plan – statistics say it will.

So, as the singers "Dale and Grace" once said, "I'm leaving it all up to you." Isn't this a great country! You get to do whatever you darn well please. And, I'll say it again. Choose wisely my friends.

And, finally, the answer is "yes." The "Hekawis" ***were*** the Indian Tribe from the television series and book "F Troop." And, that's the only "non-truth" in this book. Sorry Gram.

EPILOGUE

"Kites rise highest against the wind – not with it."

Sir Winston Churchill

No one has the right to tell you what to do – especially if you have cancer. That's a decision you must make for and by yourself.

While I would never accuse someone of taking or making that life-changing resolution lightly, I know for a fact that most of us ***do not*** have all the pertinent and correct information to make it accurately or correctly. How do I know that? Simply because most people, due to their lack of understanding concerning the facts surrounding cancer and how it is really healed, make the ***wrong*** decision. And, although it's not their fault, for many of these, the statistics ***prove*** that it will cost them their lives.

This deeply saddens me and there are those who asked me not to say it this way. "People will be angry, they will be offended by these accusations and the way you present them," they said. My response was that they didn't give the American people enough credit. Although the truth sometimes hurts and we wish it could be different, we still want to know it and are better off when we do.

Where have we heard "and the truth shall set you free?" When did that cease to be the mantra of a society that was built on both truth and individual freedom? No, I think that deep down people want candor, unvarnished veritableness, the straight poop. They are tired of being deceived, weary of impropriety, sick of the "business as usual" mentality that pervades our government entities and our unchallenged and competition-free "sick-care" system.

In the pages that you have just read, this candor and truth is exactly what you have gotten – in a plan and protocol that I would follow if I had cancer; the real gospel about what works and what doesn't; whether you like it or not. I understand that there are some who won't like it; no, they won't care for it at all.

There are those who will believe that I have "dissed" traditional and conventional medicine. They would be half right – but they are probably more than half mad. Unquestionably, I have maligned a ***system*** that is not working and has no functional capacity to do so for chronically ill cancer patients. The proof of the failure that is American "health care" today has been presented in this work and is additionally produced in volumes of white papers, clinical research, news reports, and our overall dismal world ranking of 37th by the World Health Organization (WHO) – in their year 2015 report, *Health Systems: Improving Performance* – just above Slovenia and Cuba. These results are so absolutely dismal for a country that spends far more on health care per capita (over $10,000) than any other country – and twice as much as everyone else except Switzerland ($8,000).

Proof here comes from the January 6th, 2010 edition of the *New England Journal of Medicine* – and is forwarded by ***medical doctors*** as follows:

> "Despite the claim by many in the U.S. health policy community that the international comparison is not useful because of the uniqueness of the United States, the rankings have figured prominently in many arenas. It is hard to ignore that in 2006, the United States was number 1 in terms of health care spending per capita but ranked 39th for infant mortality, 43rd for adult female mortality, 42nd for adult male mortality, and 36th for life expectancy. These facts have fueled a question now being discussed in academic circles, as well as by government and the public: Why do we spend so much to get so little?"

Why indeed?

Again, I must state that while it could be said that I have maligned a traditional and conventional medical ***system*** that has not served the American Public well, what I have ***certainly not*** done herein, nor would I, is to intentionally slander our dedicated health care workers – the doctors, nurses, technicians, administrators, etc. – specifically, those who labor every day with heavy hearts in an attempt to bring healing to those who suffer immeasurably from cancer and its standard treatments. No, I blame the system that allows cancer to happen, to proliferate, to maim and to kill. It just shouldn't be so. In that sense, the sense that, willingly or unknowingly we all play some part in this arrangement, we are inarguably all to blame. Hopefully, this writing will be the beginning of an awareness of what works and what doesn't; what is proven and what isn't.

People know the difference between right and wrong – no matter which they follow. Throughout our lives, we are constantly and consistently taught to do what is right. Although there are occasions that we may stray from that pathway, most of us generally seek to be redirected onto the road through life that is truth and righteousness. You must do this same thing when caring for your own health and well being when faced with the scourge of cancer.

Seek what is right. Search for what is proven. Go in quest of the real healing mechanisms for cancer. Refuse to settle for less. Don't buckle under to the status quo or to the "brow beating" of someone who has absolutely nothing at stake. No, choose life, then fight like heck for it.

I believe you made a major investment when you bought this book. And, I don't just mean the dollars you spent, but rather the endowment that is being produced and paying dividends through the knowledge and understanding that there is a better and more effective way to treat cancer. This is an investment whose yield is exponential. Please, pay it forward.

As you do, keep in mind that there is an ever-growing presence of those so-called "alternative" practitioners and researchers that have resolved to make the real difference in this war on cancer. And, they need help. As previously mentioned, they will not get it from any source connected in any way to conventional research or medicine. There will be no grants forthcoming from traditional institutions or foundations, and certainly not from governmental agencies. No, their diligence and work goes unrecognized, unrewarded, and unfunded. They are the "Rodney Dangerfields" of cancer care and cure. They just don't get no respect.

I'm asking you to not only respect them – but to help them, as well. For without you, sans the average "Joe," the common man and woman in America and throughout the world, these purveyors of the truth about cancer and its healing realities will go the way of the blacksmith.

Please consider becoming a volunteer if you have the time or are persuaded by the righteousness of this movement. I sincerely hope that you are. Find an organization that is championing the true tenants encompassing cancer and give them some of your time.

Of equal importance, and you knew this was coming, reach into your pocket (by way of your heart) and give a few bucks to these struggling organizations, researchers, and institutions that are making the ***"real"*** difference for cancer patients. Small, individual donations are often the only way they stay afloat. Do a little of your own research and choose who you would like to help.

The International Wellness & Research Center/AACI is worthy of your support. For as little as a few dollars per month you could become a member of the "***We the People"*** movement within the organization – a support group of both donors and friends that stand behind and promote this non-profit's mission and vision – giving small amounts resulting in sizeable capital that truly reaches and supports those who ***really need*** it – cancer patients.

We must make these "alternative medicine" treatments, therapies, and protocols available to all who seek them. We must also invest in real health freedom – where both you and I have the right to choose how we will be treated – and have insurance cover it no matter what the choice. But it takes money, and lots of it, to change the way "health care" is dispensed in this country.

I hope you "are in." I am. All of the net proceeds from the sale of this book go to the International Wellness & Research Center (AACI). I figured if I was going to "talk the talk," I'd better "walk the walk."

Please go to the web address below to become an integral part of the real and true "answer to cancer" and a partner with the IWARC/AACI through the ***"We the People"*** program:

www.americanaci.org/aaci-friends-and-donors.html

If you see any politics or conspiracy theory in any of the foregoing, please look past them, as they are unintended.

This book is solely meant to help cancer patients and forward the truth about this disease and the methods with which to heal it. There are no ulterior motives hidden or implied.

Thank you for purchasing this work and please accept my sincere appreciation for your continued support of anti-cancer research and the real solutions for cancer patients.

It is with much sadness that I report the death of the infant child whose story I told at the beginning of Chapter Eight – after a very short five and one half months of life. I offer my deepest sympathy to his family.

Bob Wright

EPILOGUE TWO

THESE ARE OUR CHILDREN

Every Parent's Worst Nightmare

"What you are about to read will shock you. It is a story of oncologists lying to parents about the efficacy of their therapy and using coercive tactics such as threats of court orders to take children and submit them to treatments that they know are torturous and ineffective. We were told, not asked, but told that we had 30 days from Alexander's surgeries to start chemo. We were told that chemo would offer Alexander a good chance of survival. We were told that he would be getting a new chemo protocol with 'state-of-the-art' drugs. And, we were warned that if we did not bring Alexander in for chemotherapy a court order would be forthcoming so that the oncologist could take him from us and administer these poisons without our approval. We were lied to and threatened so that oncologists could fill our son with deadly, ineffective poisons that simply shortened his life and made his last days on earth a living hell."

No Rights for a Child Diagnosed With Cancer
Raphaele & Michael Horwin

Children have no rights when it comes to choice of cancer care. Upon diagnosis, they must be presented to the local oncology center for treatment. No, parents, you cannot choose to treat them with the right foods, water, detoxification and supplements. You will be charged with neglect and endangerment of a minor – your child.

You will be harassed, threatened, potentially arrested, and your child will be taken from you by the state – then submitted to the only treatments authorized for those not of legal age. Of course, those are surgery, chemotherapy, radiation therapy, and drugs. Despite all of the television commercials and advertising showing that the children are surviving these horrific protocols – sadly, most do not.

Today, cancer has become the number one cause of death by disease for kids fourteen and under. And, the treatments are now killing them as often as the cancer itself. It should not be so.

Listen now to the real story about pediatric oncology as told by a radiation technician and therapist who lived this truth and, eventually, escaped to tell about it.

> "It is a fact that treatment with radiation can kill tumors. As a medical professional in Radiation Oncology, my goal was to deliver a sufficient dose of radiation to eradicate the tumor cells, with minimal damage to surrounding healthy tissue. The most effective way to deliver a sufficient amount of radiation, while minimizing damage to healthy, surrounding tissue is through fractionation. This is the basis of radiation therapy.
>
> "Treatment is typically delivered as a cumulating total dose, fractionated over the course of several days. As more radiation is delivered, more cancer cells are killed. This may be blood cells, organ cells, brain cells, etc., each with its own tolerance dose, not to be exceeded. This difference in tissue tolerances is called therapeutic ratio.

“Tolerance is defined as the total dose at which additional radiation will significantly increase the probability of occurrence of severe normal tissue reactions. Tolerance accounts specifically for radio-sensitivity of the organ, the organ’s level of function, and the organ’s role in sustaining life. In Radiation Oncology, tolerance dose plays a vital role in my ability to predict overall risk of inducing severe complications for my patient.

“The factors affecting the response of the body to radiation are many and varied. The first factor affecting radiation response is age. Children are up to 10 times more vulnerable than adults to the harmful biologic effects of radiation exposure due to a child’s DNA being uncoiled frequently for replication. This leaves a child far more likely to develop radiation-induced malignancies. Even relatively low doses of ionizing radiation may cause cancer in a child; particularly acute lymphatic leukemia and myeloma. These radiation-induced cancers may involve latency periods lasting decades after exposure.

“The fact that radiation causes cancer cannot be disputed; radiation has long been known to be a carcinogen. There is absolutely NO threshold dose below which radiation is safe. The somatic late effects of medical radiation can be life threatening, and its impact on future generations is even greater.

“As radiation interacts with a chromosome, its damage produces chromosomes with broken ends. These broken ends search for, and bind to, other broken chromosomes where genetic information may be lost – with corresponding changes to DNA. Though mutations may not have immediate consequences for the individual, these new bonds may affect future offspring, as mutations are permanent and inheritable.

“Stem cells, sperm cells, ova, young cells, active cells, and rapidly dividing cells are most radiosensitive. At birth, girls already

Your Life IS worth Fighting For

possess all the ova they will produce in their lifetime. Even before puberty, boys' and girls' breast tissue is more radiosensitive than other tissues and is much more prone to carcinogenesis from medial radiation.

"Cancer risk from medical irradiation accumulates across the lifespan, and risk increases linearly with increased exposure. In Radiation Oncology, we permanently record the total dose of radiation delivered to the patient, with specific dose rates to surrounding tissues. However, a national registry of medical radiation exposures for each person does not exist. For the cancer patient, this may mean a significant increase in the total amount of radiation actually delivered to sensitive organs through the use of diagnostic imaging. Many physicians do not adequately understand the potential risks of unnecessary or repeated imaging and, while there is a standard reference of dose from imaging modalities for specific examinations and procedures, it is a calculated approximation, not an actual measurement of dose delivered and absorbed.

"As a medical professional, my oath to each and every patient begins with, 'Do no harm.' This phrase was, and always will be, the basis of my medical foundation. Specializing in pediatrics, I have had the rewarding opportunity to develop close relationships with extended family of children affected by cancer; many of whom I remain close to today. The more families I cared for, and the longer I remained in Oncology, the more these words rang in my head, 'Do no harm.'

"Early in 2000, I was working for one of the world's largest cancer research facilities, providing total body, Cobalt radiation to children with recurrent leukemia. After almost two decades of research using Cobalt 60 for childhood leukemia, the department was in danger of closing due to structural changes within the organization and relocation.

"Instead of moving the department to the new location and maintaining the structure of almost two decades of research, a decision was made to eliminate Cobalt 60 altogether and begin a new phase of research; treating pediatric, recurrent leukemia with X-Ray radiation from a Linear Accelerator.

"This was an alarming consideration. Cobalt 60, a naturally occurring radiation source, was considered an effective form of treatment for children with total body radiation, as it caused much less damage to children's lungs than X-Ray radiation. When a child suffers extensive lung damage during cancer treatment, it is common for the Medical Oncologist to blame radiation, and for the Radiation Oncologist to blame chemotherapy, as lung damage can and does completely undermine survivability.

"As the department changes continued to become an escalating topic, several medical professionals came together to voice concern. In the end, financial responsibility outweighed morality. Money came before an unpredictable number of children who would be treated with total body, X-Ray radiation, potentially exposed to sufficient amounts of radiation to cause their lungs to bleed – and them to drown in their own blood.

"Do no harm." This was my oath to these children and to their families. This was the oath of every medical professional I worked with, yet our hands were tied. Some closed their eyes and made the move, a few found new positions in the same profession, but I chose to continue with my commitment to these children and their families. I chose to find other ways to handle this disease without harming the body, the very basis of my profession.

"Even though bleeding lungs is only one of several 'complications' of conventional treatment, it was the straw that broke the camel's back for me. I could no longer believe the lie I was telling myself. I WAS doing harm. Radiation does extensive harm. Chemotherapy does extensive harm.

"While it is a fact that radiation can and does kill tumors, radiation also kills people. Radiation is not a form of treatment, it is a form of destruction on the patient, and potentially on future generations. There are many forms of cancer treatment that are effective at removing cancer from the body – without causing any harm. This is my goal as a medical professional, and as a human being.

"Today, I use my medical background to educate people about causes of cancer, ways to prevent cancer, how to combat side effects of treatment, and alternative treatments with proven results for cancer.

"When seeking treatment for yourself or your loved one, please consider what it means to "do no harm," and why it is vital to the outcome of treatment, as well as quality and quantity of life after cancer."

Marielle Walker

Thanks, Marielle. This lesson is completed.

YOUR ATTENTION PLEASE

PLEASE consider supporting the organizations that are making a real difference through forwarding the truth about cancer, its treatments and protocols – and, with very limited funding (non-governmental), producing the unbiased research that shows what works – and what doesn't – for cancer.

The following represents the "short list." There are many more – choose who you like, but please consider these:

Great work is being done at the Cancer Control Society in Los Angeles. Meet President Frank Cousineau and co-founder Lorraine Rosenthal at their Annual Convention in Los Angeles during the Labor Day Weekend (and every Labor Day Weekend after that). They offer great "in-kind" incentives for donations. Find them at www.cancercontrolsociety.com.

The Independent Cancer Research Foundation is doing the true cancer research that the government won't do. Each year their results are astounding and new protocols are "proven" for the fight against cancer. They are worthy of your support and are found at www.cancertutor.com/donate.

Breast Cancer Action of San Francisco really "gets it" when it comes to education, prevention, and appropriate treatments for breast cancer. BCA vows to always make the truth available to the public – no matter what it takes. They are one of the very few organizations willing to do the work that makes a real and true difference in the lives and breast health of women. Their Web address is www.bcaction.org.

Look around, do your homework, ask the tough questions, then – as BCA states – "Think before you pink!"

CANCER QUOTES

(Remember These)

"Cancer is a word, not a sentence."— John Diamond

"Never, never, never give up." — Winston Churchill

"One must not forget that recovery is brought about not by the physician, but by the sick man himself. He heals himself by his own power, exactly as he walks by means of his own power, or eats, or thinks, breathes or sleeps." — Georg Groddeck, 1923

...and, on the lighter side –

"I got the bill for my surgery. Now I know what those doctors were wearing masks for." — James H. Boren

"A hospital should also have a recovery room adjoining the cashier's office." –– Francis O'Walsh

INDEX

AACI Protocols, 10, 290
AACI South East Asia Ambassadors, 10, 290
Abel, Ulrich, 54
ACS, 46, 127, 276, 343-344
Adams, Mike, 18, 45, 56, 161, 331
Additional Therapies, 6, 235
ADHD, 269
Advanced Gerson Therapy, 224
Advocates, 103, 202, 261
Afaya, 149, 151
Afaya Plus, 149, 151
AIDS, 153, 269
Almighty God, 14
Aloe Arborescens, 10, 64, 131-132
ALS, 22, 269
Alternative Medicine, 17, 21-23, 26, 52, 78, 200, 236, 261-262, 278, 306, 315, 347, 352, 355-357, 362
Alternative Therapies, 15, 55, 64, 127, 221, 253, 319, 357, 362
Alzheimer, 76, 93, 111, 267, 270
AMA, 201, 216, 236, 239, 276
AMAS, 103
American Cancer Society, 29, 42, 46, 53, 112, 127, 236, 243, 276, 338, 343
American Metabolic Laboratories, 103
An Oasis of Healing, 228
Andersen, Barbara, 256
Anderson, Mark, 57
Apricot Power, 112
Apricot Seeds, 112, 281-282
Arbonne International, 12
Arum Palaestinum, 149-150
Asantae Java, 117
Aschwanden, Christie, 78
ASEA, 247-248
ASPARTAME, 44, 73-77
AstraZeneca, 44

B-17, 112, 215, 302, 318-319
B., Carrie, 297
B2, 114, 155
B3, 155
B6, 155
Bailer, John, 338
Barb G., 293
Barley Power, 115
Baroody, Theodore, 175
Basic Gerson Therapy, 224
Beam Ray, 218
Beard, John, 239
Ben-Eliyahu, Shamgar, 258
Benson, Jonathan, 111
Bernays, Edward L., 71
Beta-Caryophyllene, 154
BIBONG, 272
Big Pharma, 45, 147, 236
Binzel, Philip, 313
Bio-Energetics, 204
BiOptimizers, 240
Black Walnut, 96
Blaylock, Russell, 74
Blue Ice, 89-90
Bolen, Tim, 261
Bollinger, Ty, 9, 59, 152, 298, 301, 328
Boren, James H., 373
Bragg, 109
Brantley, Timothy, 58
Braverman, Albert, 56
Breast Cancer, 12, 14, 31, 43-44, 78-83, 89-90, 95, 99, 111, 125, 141,

156, 190-191, 203-206, 212, 242, 255-256, 278-279, 282-285, 290, 294-295, 303-304, 306, 317, 320, 329, 346, 371
Breast Cancer Action of San Francisco, 371
Breast Cancer Awareness Month, 43-44
Breast Cancer Survivor, 12, 203-204
Bromine, 68, 156, 158
Bryson, Christopher, 70
Budwig Protocol, 66, 68, 109, 120, 320-321, 323
Budwig, Johanna, 121, 275, 320, 345

CA-125, 138-139
Cairns, John, 57
Caisse, Rene, 242
Calbom, Cherie, 97
Camelot Cancer Care, 199, 221
Campbell, T. Colin, 66, 105, 317
Cancer Battle Plan, 97
Cancer Control Society, 103, 209, 328, 371
Cancer Cure That Worked, 216
Cancer Diet, 5-6, 66, 68, 89, 105, 108, 116-118, 120, 122-123, 125, 147, 161, 163, 176, 181, 202, 239, 243, 246-247, 251, 306, 311, 318
Cancer Free, 12, 25, 237, 273, 281-283, 285, 289, 303, 320, 326
Cancer Quotes, 6, 67, 309, 373
Cancer Testing, 62, 101, 103, 349
Cancer Treatments, 9, 11, 15, 29, 33, 44, 52, 56, 59, 197, 200, 202, 204, 219-220, 225-228, 235-236, 238, 250, 254, 259, 261, 281, 306, 309, 311, 322, 324-326, 328, 340, 345, 371
Cancer Tutor, 220, 324
Canine Health, 139
CANLIVER55, 211
Cannabidiol, 266, 268
Cannabinoids, 154, 266-268, 270, 272
Carcinogenic Products, 91
Caribe, Sante, 228
Caveat Emptor, 77, 170
CB1, 267
CB2, 154, 267
Certified Hemp Seed, 272
Certified Organic, 77, 92, 108, 131
Cesium Chloride, 178, 238-239
Cham, Bill, 218
China Study, 66, 105, 317
Chlorella, 160-161
Clark, Hulda Regehr, 96
ClO2, 213
Coaches, 14, 202-203, 205
Coanda, Henri, 169
Coffee Enemas, 99, 210, 224, 227, 239, 248, 290, 299, 354
Colbert, Don, 41
Coldwell, Leonard, 159, 256, 331
Coley, 224, 241-242
Coley, William, 242
Colloidal, 134-136
Colonic Hydrotherapy, 229
Complete Cancer Cleanse, 97
Copaiba Oil, 154
Core Health, 240
Cousins, Gabriel, 175
Cowden, Lee, 309
Curaderm-BEC5, 218-220

D3, 88-90, 156-157, 353
Dairy Products and Meat, 66
Daniels, Jennifer, 96
Darbre, P. D., 83
Davis, Bob, 254, 258
Davis, Samantha, 142
Day, Lorraine, 248
Dean, Carolyn, 135, 144-145, 315
Death By Medicine, 315-316
Deca Arborescens Galenia, 132
Delbet, Pierre, 144
Desaulniers, Veronique, 205
Detox Formula, 96
Detoxification, 62, 94, 96-99, 103, 144, 174, 183, 210-212, 225, 231, 233, 239, 248, 301, 354, 366
Diamond, John, 309, 373

Diet Tips, 108
Digital Infrared Imaging, 79, 206
Digital Thermography, 79, 204
DoTerra, 153-154
Douglass, William Campbell, 43, 212, 330
Ductal Carcinoma In Situ - DCIS, 78

Earthing, 206-210
Ecco Bella, 91
Einstein, Albert, 34, 316, 345
Electromagnetic Fields, 47, 93, 208
Ellinor, Linda, 34
Ellis, Karen, 12
EMF, 93
EMF Freedom, 93
Enagic USA, 179
Endocannabinoid, 151, 266-268, 272
Enercel, 352
Engelman, Lisa, 298
Enzymes, 68, 98, 108, 111, 115, 128-129, 132-133, 155, 186, 239-240, 321, 323, 348
Epigenetics, 30, 32, 149-151, 191, 270, 301
Epilepsy, 267, 269
Epstein, Sam, 56
Esophageal Cancer Survivor, 13
Essential Oils, 70, 84, 153-154, 272
Essiac Canada International, 243
Essiac Tea, 242-243
Eutrophean Health Institute, 135, 137
Evans, Ross, 219

Failure of Chemotherapy, 51
Farnham, Eliza, 38
Feldman, Martin, 315
Fermented Cod Liver Oil, 89-90
Fernandez, Jose, 303
FibRestore, 284
Flanagan, Patrick, 169
Fluoride, 40, 61, 68-72, 156, 158, 164, 167, 323-324
Forbes, Linda, 196
Formula M, 222
Fox Mulder, 38
Frahm, David, 97
Frequency Technologies, 218
Fucoidan, 247

G Protein Receptor, 267
Gadolinium, 80
Galvez, Alfredo, 30, 189
Gano Excel, 117
Ganocafe Classic, 117
Ganoderma Lucidum, 116-117
Gardasil, 84-85
Garland, Cedric, 89
Gaston Naessens, 129
GB-4000, 217-218, 351, 354
GcMAF, 151-153, 226
Geneva W., 271
Gerson Institute, 248
Gerson Therapy, 224, 248
Gerson, Charlotte, 224
Gerson, Max, 224, 248, 345
Gersten, David, 207
Giddy Organics, 92
Gittleman, Ann Louise, 206
Glutathione, 138, 145-147, 159, 247
GMO, 124, 186
Goffman, John W., 78
Gold Applicator, 271, 273, 295
Goldberg, Burton, 203
Gonzalez, Amy Berrington, 80
Gonzalez, Nicholas, 239
Goodman, Roy, 219
Gordon, Garry F., 158
Gottlieb, Bill, 67
GPR3, 267
Grabmeier, Jeff, 256
Grace of God, 36, 283
Graviola, 58, 126-127, 183, 244-245, 349
Gray, John, 207
Great Hekawi Grandmother, 37, 166, 242, 352
Green Pasture, 89
Green Supreme, 115
GreenMedInfo, 18, 30-31, 47, 147

Griffin, G. Edward, 318, 343
Griffin, Patricia Irving, 113
Grismaijer, Soma, 81
Groddeck, Georg, 373
Grossman, Terry, 174
Guidice, Dena, 287-288
Guillain-Barre Syndrome, 85
Gulf War Syndrome, 74
Guo, Luo Han, 65
Gutierrez, David, 66

H., Tina, 341
Hainer, Greg, 285-286
Haley, Boyd, 205
Halford, Bethany, 134
Halsted, William, 312
Hastings, Carl, 184
Hayes, Linda, 79
HCG, 101, 103
Health Ranger, 18, 45, 56, 331
Helferich, William, 190
Hemp Oil, 6, 265, 271-273
Henderson, Bill, 3, 24, 138, 203, 326
Hepatitis C, 136
Herxheimer, 168
Hill, Vernon, 45
Himalayan Salt, 108, 119
Hippocrates, 181, 347
HIV, 160, 269
Hodgkin, 13-14, 289, 294-296
Hoebel, Bart, 65
Holland, James F., 330
Hollingsworth, Barbara, 85
Holy Grail Cancer Care, 9, 199, 221-222, 290
Homeopathy, 204, 223
Hope4Cancer Institute, 225
Horwin, Michael, 365
Howard, James Michael, 255
Howenstine, James, 60
Howenstine, Jim, 156
Hoxsey, Harry, 46, 345
HPV, 85
Hubbard, Barbara, 11
Huggins, Hal, 328
Human Genome Project, 31-32
Hyatt Life Sciences, 149-151
Hydrazine Sulfate, 235, 238
Hyperthermia, 224, 227, 241, 299-300

Immunocal, 146
Immunotherapy, 43, 224, 226, 302
Independent Cancer Research Foundation, 322, 324, 371
Infantile Fibrosarcoma, 199
Innergize, 284
Instinct Based Medicine, 256
Insulin Potentiation Therapy, 237, 353
Integrative Medicine, 221, 226, 300, 327, 357
Iodine, 40, 49, 68, 119, 155-158, 353
Israel, Lucien, 57

Jane, Mary, 266
JavaFit Gourmet Coffees, 117
Jenson, Bernard, 57
Jesus, 299
Ji, Sayer, 18, 47, 124, 147
Jimenez, Tony, 225, 298, 300
Joe Ball Company, 102, 211
Johnson, Ben, 79
Johnston, Jacquelyn, 245
Jones, Robert R., 57
Journal of Clinical Oncology, 51
Just Like Sugar, 65, 109

K8, 176
KANGEN, 13, 98, 177-179, 185, 225, 232, 249, 281, 283, 285, 290, 296-297, 317, 354
Kannaway CBD, 271-272
Kannaway Company, 271, 273
Karkinos Extract, 349
Karlovich, Joe, 102
Kehr, Webster, 220, 324
Keller, Robert, 146
Kelly, William, 175
Ketogenic Diet, 121-122, 222
Ketones, 121-123
King, Martin Luther, 29, 265, 355

KM, 243-244
Knox, Richard, 80
Kong, Dennis, 10, 290
Kong, Kenny, 290
Kozlowski, Jean, 291
Krebs, Ernst, 345
Kurzweil, Ray, 174

Laetrile Case Histories, 113
Laminine, 158, 159, 160
Large B Cell Lymphoma, 194
LeCompte, Brian, 3, 22
Lee, Royal, 129
Leung, Jun, 10, 283, 290
Levin, Alan, 346
Lew, Michael, 33
Lifepharm, 160
LifeVantage, 137, 139
LifeWave, 146-147
Lightheart, Wade, 240, 321
Lim, John, 10, 290
Limeback, Hardy, 61
Limu Juice, 247
Living Nutz, 114-115
Lodi, Thomas, 228
Long, Maureen Howard, 9
Lowenthal, Elizabeth Ann, 67
Lubecki Wellness Center, 351-352
Lubecki, John, 351
LunaRich X, 190, 196, 291, 293
Lunasin, 189-191, 304
Lupus, 12, 76
Lyme Disease, 136, 231
Lymphoma, 13-14, 194, 212, 281, 289,
  294-296, 298, 351-352
Lymphoma Survivor, 14
Lynes, Barry, 216
Lynnette Pate, 91, 224

Magnesium Chloride, 143-144
Magnesium For Life, 143-144
Majors, Charles, 122
Mammograms, 77-79
Mangosteen, 246-247
Marijuana, 6, 265-268, 270-271
Marszal, Andrew, 66
Martin Shapiro of UCLA, 56
Martini, Betty, 44, 75
MaxGXL, 146
Mayo Clinic, 193-194, 291
McCausland, Calvin W., 133
McGill Cancer Center, 346
McGraw, Phil, 255
McLaughlin, Jerry, 245
Medical Freedom Law, 223
Medical Marijuana, 6, 265, 270-271
MediHerb, 148
Meinke, Anne, 117
Melanoma, 88, 100, 128, 212, 222
Melvin, Greg, 79
Metastatic Colon Cancer, 212, 286
Metastatic Lung Cancer, 288
Miessence, 92
Milton, Anne, 66
Mindell, Earl, 146
Miniere, Sandra, 203
Mission Possible World Health
  International, 75
MMS, 213, 215
Mogensen, Ellen A., 260
Montgomery, Bob, 184
Moody, Liz, 265
Morgan, Graeme, 53
MORINGA, 154-155, 290
Moss, Ralph W., 219
MRSA, 168
MS, 76, 78, 93, 222, 269, 320

Nacci, Giuseppe, 56, 113
NaClO2, 213
Nagalase, 151
Naked Nature, 250
National Cancer Act, 343
Natural-Killer Cell, 132
Navarro Urine Test, 9, 62, 101, 353
Navarro, Manuel, 101
Neimark, Neil F., 253
Neotame, 76-77
New World Cancer Report, 345
Norek, Danna, 90

1 509 260 1911

Northern Baja Gerson Center, 224-225
Nrf2 Synergizer, 137
Null, Gary, 55, 69, 315
Nutrasweet, 73

Ober, Clint, 207, 209
Oganova, Emma, 133
Olney, John, 76
Olney, Robert, 212
Olson, Sandra, 320
Other treatments, 220-221, 227, 230, 248, 302
Ott, A. True, 323

Pancreatic Cancer, 100, 123, 273, 297, 300
Paracelsus Clinic, 205
Parasites, 95-96, 213, 215
Partain, Ronald E., 13
Pauling, Linus, 339, 345
Paw Paw, 244-246
Peganum Harmala, 149
Peller, Clara, 275
Pet CBD, 272
Peterson, Barbara, 76
Photo Dynamic Therapy Plus, 226
Photodynamic Infrared Spectroscopy, 226
Phytonutrients, 105, 128-130, 153, 246, 348
Pico Silver, 133
PIOH Wellness Centers, 233
Piperine, 108, 148
Plourde, Elizabeth, 93
Poly MVA, 224
Powers, Bill, 11
Precision Intestinal Oxidative Hydrotoning, 229-230
Premium Full Spectrum CBD, 272
Premium Gold Oral Applicator, 271
Presant, Cary, 302
Preventing Breast Cancer, 78, 204
Price, Madelon, 76
Price, Weston, 228
PrimaNeuvera, 349
Product Guide, 153
Prolamine Iodine, 157-158
Prostate Cancer, 31, 86-87, 141, 150, 301, 303, 316, 320
PROTANDIM, 137-139
PROTEOLYTIC, 68, 239
PROTOMORPHOGENS, 127-130
ProVantage, 284
PSA, 86-87, 150, 302
Pure CBD, 272

Radiant Greens, 161
Radiation, 5, 13, 22, 26, 36, 41, 43-44, 51-53, 55-60, 63, 78, 80, 101, 113, 182-183, 200, 219-220, 241, 256, 261, 275-280, 282-283, 287, 289, 291-294, 301, 306, 311-314, 320-322, 325-327, 330, 340-341, 345-346, 351, 353, 356-357, 366-370
Radiation Fatigue Syndrome, 293
Rain International, 140, 142
Rasio, Debora, 315
Rau, Thomas, 205
Rawspiration, 117
Real Scientific Hemp Oil, 271, 273
Reasons Why Turmeric Threatens Big Pharma, 147
Recipes, 84, 95, 117-118
Red Reishi, 116
Redox Signaling, 247
Reed, Ralph L., 81
Reid, Daniel, 39
RELIV, 11-12, 68, 110, 181-182, 184-198, 232, 279-280, 283-286, 290-291, 293-295, 302, 304, 353-354
Reliv International, 185
ReMag, 144
Rense, Jeff, 69, 216
Richardson, John A., 113
Rick Simpson Oil, 273
RIFE Technology, 215-218
Rivi Litvin, 300
Roberts, H. J., 75
Rog, Sandy, 281-282

Rogers, Sherry, 229, 339
Rogers, Sherry A., 229
Rona, Zohan, 51
Rosenthal, Lorraine, 371
Rosey Dosch of South Dakota, 193
Rowen, Robert, 212, 223
Rowen, Robert Jay, 212
Royal Raymond Rife, 46, 215-217, 345, 350

S., Elizabeth, 12
Saladmaster, 108
Salt and pepper, 119
Santee, Rick, 228
Schachter, Michael B., 158
Schandl, Emil, 103
School Milk Act, 66
Schwartz, Gary E., 207
SCREENING TESTS, 77
Scroggs, Sally, 250
SD501, 176
Seeger, Judy, 96
Seyfried, Thomas, 22
Shaklee, 92
Shinya Method, 176
Shinya, Hiromi, 176, 316
Silver Angel, 135-137
Simoncini, Tullio, 55
Simpson, Julie, 197
Sinatra, Stephen T., 207
Singer, Sydney, 81
Skin Cancer, 88, 100, 218-219, 244
Sloan Kettering Cancer Research Center, 54
Smith-Bindman, Rebecca, 80
Smith, Dorothy, 315
Smoots, Elizabeth, 99
Sodium Chlorite, 73, 213-214
Soffritti, Morando, 75
Somers, Suzanne, 146
Sono-Photo Dynamic Therapy, 226, 299-300
Soy, 68, 110, 185-192, 284, 294
Soy Sentials, 284
Spiritual Therapy, 227
Spirulina, 161
Stage III Follicular Non-Hodgkin, 298
Stage IV Bile Duct, 300
Stage IV Glioblastoma, 297-298
Stage IV Victor, 11
Stamey, Thomas, 86
Standard Process, 130, 148, 155, 157
Steger, Jimmy, 48
Steger, Suzanne Scherr, 283
Sternagel, Ryder, 304
Steward, Alice, 57
Stratton, Shan, 240
Sugar and cancer, 64-65
Sun Chlorella, 161
Sun Warrior, 118
Sunivera Immunotherapy, 226, 302
Sunlight, 87, 90, 207, 243, 321
Super juices, 127, 246-247
Supplements - Evaluated, 6, 235
Swardstrom, Holly, 293
Synthetic Visualization, 6, 253, 261
Szent-Gyorgyi, Albert, 163

T-cell Lymphoma, 212, 281
T. Colin Campbell, 66, 105, 317
Tagalog, 189
Tahoma Clinic, 315
Tamoxifen, 278-279
Tap water, 69, 73, 164, 166-168, 353
Tennant, Jerry, 172, 174
Thermography, 79-80, 204
Thornley, M., 32
Throat Cancer, 270, 280-281
Titus, Stuart, 270
Tooth Soap, 70
Town Center Compounding Pharmacy, 11, 13
Town of Allopath, 18, 331, 337
Transfer Factor, 132-133, 287-288, 350
Transfer Factor Plus, 133, 288
Transfer factors, 132-133, 289
Truth About Cancer, 11, 18, 32-33, 36, 60, 152, 163, 261, 298, 301, 311, 328, 362, 371
Tunsky, Gary, 107

Turmeric, 68, 108, 116, 119, 137,
    147-149, 154, 290, 353
Turmeric Forte, 147-148

UKON, 147-148, 290
Ultraviolet Blood Irradation, 211-212,
    223, 354
Univera, 244
USDA Certified Organic, 77

Vaccine Adverse Event Reporting System,
    85
Vale, Jason, 46, 113
Vibe Machines, 351
Vickers, Patrick, 224
Vitamin B-12, 112
Vitamin B-15, 112-113
Vitamin B-17, 112, 215, 302, 318-319
Vitamin C, 66, 118, 128, 145, 155, 197,
    222, 224, 293, 302
VITAMIN D, 9, 87-90, 211, 337-338
Vitamin E, 128, 145, 293
Vitamin K, 110
Vivix, 92
Vrentas, Mike, 322

W., Carley, 214
Walker, Marielle, 370
Wallach, Joel, 117
Warburg, Otto, 22
Warner, Glen, 330
We Care Spa, 98-99
Weaver, Deborah, 295
Weeks, Brad, 141
Weil, Andrew, 327, 346
Wentzville, Lisa Clark, 304
West, Bruce, 41, 89, 125, 129-130, 312
Westneat, Danny, 315
What You Can and Must Eat, 110
What You Must Do First, 5, 61, 63, 103
What You Must Stop Doing Right Now,
    5, 61, 63
Wheatgrass, 161, 353
Whitaker, Julian, 55, 312
Wilcox, Barry, 118
Williams, David G., 219
Wilsons, S. A., 210
World Health Organization, 272, 344,
    360
World Without Cancer, 318, 343
Wright, Jonathan, 315

Xango, 246-247
Xocai, 250

Young, Chris, 3, 27
Young, Robert, 174, 329
Youngevity, 117
Yow, Dirk, 234
Yung, Yeung Sau, 282

Z., Cheryl, 295
Zago, Romano, Father Romano, 10, 131
Zappers, 351
Zucker, Martin, 207
Zuro, Dave, 11, 181, 302

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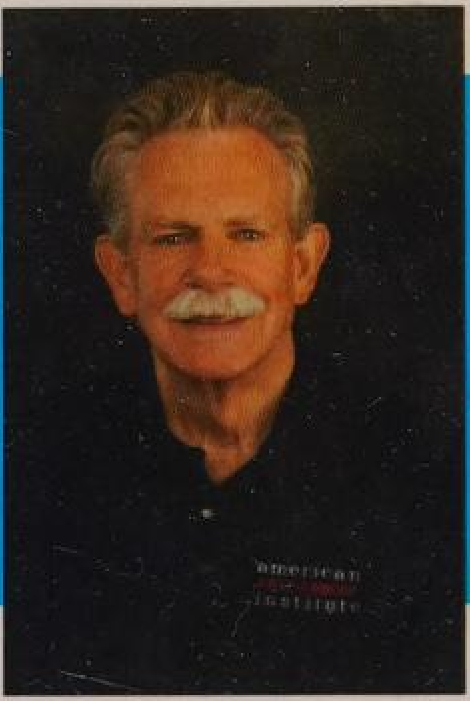

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